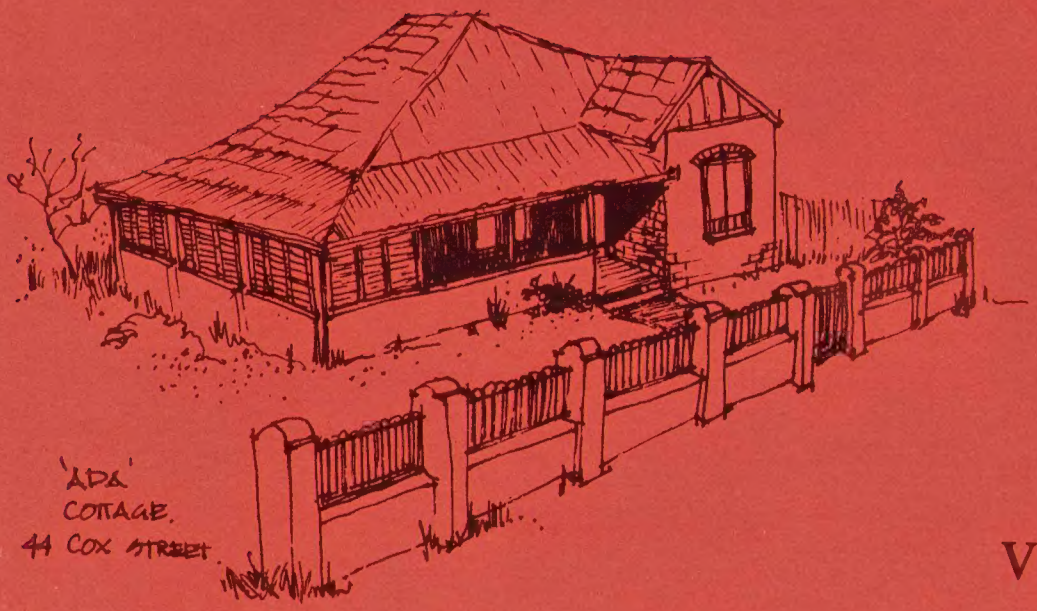
ada's recipes



Volume 2

FOREWORD . . .

In March, 1984 a Public Meeting in Rylstone resolved to form an association for the purpose of raising funds to establish accommodation in the Rylstone-Kandos district for aged or disabled people.

This association attracted such widespread support from organisations within the district that, within 18 months of that initial meeting, it has succeeded in buying a house in Rylstone suitable for conversion to a self-help home to accommodate at least 10 people.

Efforts are now proceeding apace to raise sufficient funds to complete the payment for and conversion of that house and to acquire and establish a similar self-help home in Kandos.

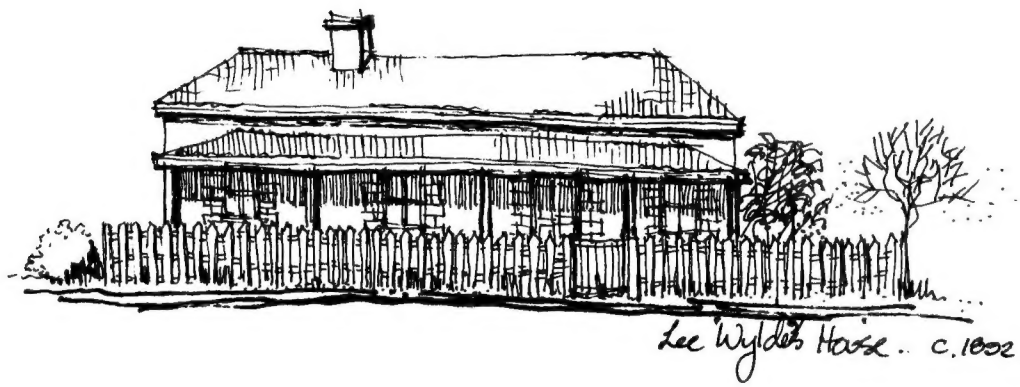
This Book of Recipes is one of many projects on which the Association is working to raise the funds needed.

The recipes collected by Miss Lee Wyldes have been contributed by noted district cooks, most of whom also contribute their skills as caterers on the Association's Catering Committee, one of it's major fund-raising sources.

Another talented and enthusiastic member of the Association, Miss Barbara Hickson, has drawn the illustrations which make this book so much more attractive.

Your support of the work of the Association by purchasing this book is greatly appreciated.

JOHN KNOX



RECIPE FOR FRIENDSHIP

Take two headep cups of patience,
One heartful of Love;
Two handsful of generosity,
A dash of laughter;
One headful of understanding,
Sprinkle generously with kindness;
And plenty of faith and mix well,
Spread over a period of a lifetime;
And serve everyone you meet . . . .

from Flying Doctor's Women's Cook Book

Pearl Eagle

RECIPE FOR HAPPINESS

One cup of confidence,
One cup of love;
In a pan of happiness mix the above.
Add a touch of tenderness
and a tablespoon of trust;
Stir well in the sunshine,
Roll out on a crust.
Flour with contentment,
Keep it free from strife;
Fill with understanding and -
Bake well with your life.

Joan Sharrock

We may live without Poetry, Music and Art,
We may live without Conscience and live without Heart,
We may live without Friends,
We may live without Books;
But a civilised Man
Cannot live without Cooks!

from Caroline Charlie (Chivers)
per favour Helen Knox

INDEX

DESSERTS ..... pages 4 to 11
CAKES ..... 12 to 22
SLICES ..... 23 to 30
BISCUITS ..... 31 to 35
SCONES AND LOAVES ..... 36 to 40
PASTRY ..... 41 to 46
AFTER DINNER NIBBLES ..... 47 to 53
CONFECTIONERY ..... 54 to 55
JAMS AND CONDIMENTS ..... 56 to 60
MISCELLANEOUS ..... 61 to 64

August 1988.

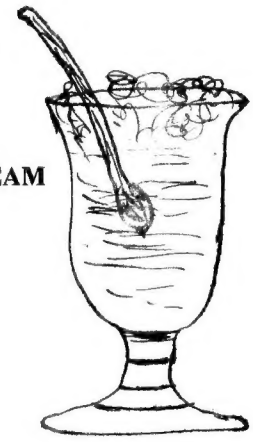
HOW TO PRESERVE A HUSBAND

Be careful in your selection. Take only such as have been reared in good moral atmosphere. Do not choose too young. Some girls insist on keeping them in a pickle while others keep them in hot water. This only makes them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavoured to taste with kisses. Then wrap them in a mantle of charity; keep warm with a steady fire of devotion and serve with peaches and cream. When thus prepared, they will keep for years.

In memory of Beatrice Jeffrey.

Cottages in Piper Street, Rylstone.

DESSERTS



BUTTERSCOTCH CREAM

3 tsp gelatine
2 cups milk
3/4 cup brown sugar
1 tbsp golden syrup
Pinch salt
2 eggs, separated
2 tbsp butter
1 tsp vanilla
1/4 pint cream, whipped (optional)

Dissolve gelatine in 1/4 cup hot water. Mix milk with brown sugar and golden syrup and salt. Combine with beaten egg yolks. Cook in double saucepan, stirring constantly until thickened. Remove from stove and stir in gelatine, butter and vanilla. Cover, chill until thickened. Beat egg whites stiffly and fold into mixture (and fold in cream). Place in serving dish. Chill until firm. Cover with whipped cream and serve.

J. Evans

BRANDY FRUIT SALAD

1 16-oz tin peaches
1 16oz tin red cherries
1 16oz tin pineapple pieces
1/2 cup sultanas
1/2 cup raisins
1 cup chopped chopped dessert prunes
1/2 cup sugar
1 cup brandy

Strain juice from three tins of fruit and put into saucepan. Add sultanas, raisins, chopped prunes and sugar to juices. Bring to boil and cook until syrup thickens, stirring all the time. Allow to cool, then add cup of brandy. Pour over fruit. Put into jar or jars and refrigerate for 2 weeks before using. Serve *over* ice cream in glass dishes. A lovely dessert for Christmas time. It keeps for weeks and weeks. Nice to have a dessert at the ready for unexpected guests. It is important to serve it on top of the ice cream to get the effect.

Marie Croom

CREAM CHEESE SLICE

1 pkt fruit salad cheese cake

Prepare biscuit base over greased and foil-lined 8" sq. sandwich pan. Chill. Beat 1 x 250g pkt cream cheese until soft. Add contents of cheesecake filling sachet, 3/4 cup milk and beat medium speed for 3 min. Stir in contents of fruit salad pouch 2 tbls passionfruit pulp and spread evenly over biscuit base. Chill. Cut into squares and serve with whipped cream.

Joy Martin

BOYSENBERRY VELVET DESSERT

1 1/2 cups Nice biscuit crumbs. Reserve 1/4 cup for topping.
2 1/2 oz melted butter

Mix crumbs and butter. Press into lamington tin. Bake at 370 deg. for 3 min, then chill.

2nd layer: 4oz butter, 1 1/2 cups sifted icing sugar, 2 eggs, 1 tsp lemon juice.
Cream butter and sugar then add eggs one at a time. Beat, then add lemon juice. spread over the crumb base and chill.

3rd layer: 10oz can boysenberries, 1/4 cup castor sugar, 2 level tbl cornflour, 1 tbl juice
Mix the sugar and cornflour, stir in lemon juice and 1/2 cup juice from the boysenberries. Cook gently until thick, then add the fruit. Allow to cool, then spread over the cream layer. Lastly, whip 1/4 pint cream and decorate the top. Sprinkle with reserved crumbs or crushed nuts if preferred. Chill overnight. Will serve 10-12.

Joyce Carter

MARSHMALLOW PUDDING

Mix together 1/2 lb marshmallows cut in bits with wet scissors, 1/2 cup chopped nuts, 1/4 cup chopped cherries, (can be left whole), 1 tbl cherry juice. Other fruit, such as white grapes, strawberries, pineapple and passionfruit. Whip 1/2 pint cream with 2 tbls icing sugar and vanilla, sherry or rum to taste. Fold all together and refrigerate 2 hrs.

Madge McPhee

LEMON DELICIOUS

1 tbsp butter
2 tbsp plain flour
1 cup milk
3/4 cup sugar
2 eggs
Juice and rind of 1 lemon

Cream butter and sugar, add beaten egg yolks, lemon juice and milk. Add flour and grated lemon and lastly the stiffly beaten egg whites. Pour into pie dish and stand in dish of boiling water in oven. Bake in moderate oven until golden brown, approx. 3/4 hr. When cooked dessert has cake top and sauce underneath. Serve with custard or cream.

M. Besant

SAGO PLUM PUDDING

4 tbls sago soaked overnight in 1 cup milk
2 cups breadcrumbs
3/4 cup sugar
1 1/2 cups sultanas
1/2 cup currants or 2 cups mixed fruit

Mix all ingredients together, then add 1 tsp Carb. soda mixed with 1 tbls melted butter. Mix well. Place in greased basin and boil 2-3 hrs or longer if your guests are late.

Leila Oakes

PASSIONFRUIT DELIGHT

1 pkt lemon jelly
1 cup boiling water
2 eggs
1/2 cup castor sugar
1 cup Carnation milk
3 passionfruit.

Make jelly with boiling water, pour into serving dish. Beat eggs with sugar, add Carnation milk and pour into hot jelly, stirring until well mixed. Add passionfruit pulp. Chill.

Helen Jackson

APRICOT MARSHMALLOWS

1 x 250g pkt plain marshmallows
4 tbls lemon juice
1/2 tsp finely grated lemon rind
1 x 200g carton Apricot Fruited Yoghurt
1 1/4 cups thickened cream
2 tbls chopped almonds

Slowly melt marshmallows, lemon juice and rind in a saucepan. Combine yoghurt, cream and almonds in a bowl. Add melted marshmallows, stirring in thoroughly to blend. Pour into 4 individual parfait dishes. Chill. Serve decorated with extra whipped cream. Serves 4.

Helen Latchford

APPLE DESSERT

4 Granny Smith apples
1 tbls butter
2 tbls SR flour
3/4 cup sugar
1 cup cold water

Peel and core apples and cut in rings about 3 per apple. Place in greased Pyrex dish. Rub butter into sugar and flour. Add cold water. Pour over apples. Bake in mod. oven until brown - 1 to 1 1/2 hrs.

Sue Harding

AVOCADO MOUSSE (Serves 8)

4 ripe avacados
8 scoops vanilla ice cream
6 egg whites
Juice 1 lemon
Green food colouring (not essential)
Whipped cream

Remove skin and stone of very ripe avocados. Push flesh through fine sieve or food processor. Blend softened ice cream and avacado pulp in Mixmaster or food processor, Beat egg whites until stiff and fold into avacado mixture. Add 2 or 3 drops food colouring, blending well. Add lemon juice to taste (should be subtle). Pour into serving dish (or separate dishes) and refrigerate. Decorate with cream and strips of Angelica. Kiwi fruit also a good decoration.

Gail Marn

BAKED CHEESE CUSTARD

3 eggs
1/2 cup soft white breadcrumbs
1 cup milk
1/4 tsp salt
1/2 tsp mustard
1/2 cup grated cheese

Beat egg whites till stiff. To the lightly beaten egg yolks add breadcrumbs, milk, salt, mustard and cheese. Fold in the egg whites. Turn into a buttered, uncovered oven-proof dish Bake in a slow oven 150 to 180 deg.C for 30 to 40 mins or until a knife inserted in the centre comes out clean. Serve hot or cold with salad.

D. Walsh

DELICIOUS LEMON BREAD PUDDING

2 eggs
4 tbls skimmed milk powder
2 tbls sugar
2 lemons
3 or 4 slices bread
1/2 cup coconut
625ml (slightly over 2 large cups) hot water

In the greased pie dish to be used, beat the eggs well, add sugar, beat until dissolved. Stir in milk powder - gradually adding hot water. Mix well, cut bread in strips or squares, cover milk mixture then dampen bread with juice from lemons and sprinkle with coconut. Place in another pie dish of hot water, bake in a moderate (350 deg) oven 35-40 mins or till custard is set. Don't overcook. Serve hot. Serves 4.

Belle Roberts

SODA PUDDING

3 cups plain flour
1/2 cup sugar
2 tbls dark jam (this can be omitted)
3 tbls marg , dripping or suet
1 large tsp baking soda with 3/4 cup milk
Fruit if required: 1/2 cup dates, sultanas or mixed fruit)

Mix all together and boil in cloth. Tie cloth tightly and boil 3 hrs. Cloth required: 12" x 12". Serves 12.

Selma Poole

GOLDEN COCONUT PUDDING

1/2 cup coconut
1/2 cup milk
3 tbls golden syrup
60g marg
1/4 cup sugar
1 egg
1 cup S.R. flour

Soak coconut in the milk for 15 mins. Cream butter and sugar, add lightly beaten egg. Beat well. Fold in coconut mixture alternately with sifted flour. Put syrup into greased bowl and cover evenly with mixture. Cover and steam for 1 1/2 hours. Serve hot with custard

Joan Harris

SAGO PLUM PUDDING

1/2 cup sago
1 cup milk
1 cup soft white breadcrumbs
1/2 cup castor sugar
2 tbls melted butter
1 cup raisins
Pinch salt
1 tsp bicarb. soda.

Soak sago in 1 cup milk overnight in fridge. Combine all ingredients except soda. Mix soda with a couple of tsps of boiling water and add to mixture. Turn into greased pudding basin. Cover and boil 3 hrs in steamer. Serve with custard or cream.

B. Sampson

ECONOMICAL STEAM PUDDING

(This recipe needs neither eggs or sugar)

1/2 cup dripping or marg
1/2 cup golden syrup or treacle
Stir in 1 tsp bicarb. soda in half cup milk. Quickly stir into syrup and marg
Stir and then quickly mix in:
1 1/2 cups plain flour
1 tsp spice
1/2 cup each of sultanas and currants
1 tsp lemon peel.

Pour into a greased basin. Cover tightly. Steam 2 hrs. Serve hot with white sauce or custard.

Delma Poole

FRUITY CHEESE CAKE

Crumb crust: 2 cups crushed biscuits or corn flakes, 3 oz melted butter or marg combined together
Cheese Cake:
1 x 14oz can condensed milk
8oz cream cheese
15oz can pineapple, plus liquid
Juice of 2 lemons
Juice of 2 oranges
Pulp of 2 passionfruit
1/4 pint cream
1 tbls gelatine
1/4 cup boiling water

Beat cream cheese until smooth. Gradually add condensed milk, beating well, then gradually add lemon juice. Whip cream and fold into mixture, then add gelatine dissolved in hot water. Combine all fruit juices and add 1/3 quantity to mixture. Pour into crumb crust and chill until set. Heat remaining 2/3 fruit and juice mixture and thicken with a little arrowroot, then spread over cheese cake. Refrigerate until firm, then decorate with pineapple pieces and cream.

Heather Dowell

BUSY DAY PUDDING

The flour doesn't need to be sifted, the basin need not be greased. The whole pudding is mixed in the basin, then covered and steamed. This is an ideal family dessert. Level spoon measurements:

2 tbls golden syrup
2 tbls butter or substitute
1/2 tsp carb. soda
3/4 cup milk
1 1/2 cups SR flour.

Put syrup and butter in pudding basin. Melt on top of stove over gentle heat. Add milk in which soda is dissolved. Mix in flour, beat until light and well-mixed. Cover securely. Steam 1 to 1 1/4 hrs. Serve with cream or custard.

Audrey Day

HASTY PUDDING

1 cup flour
2/3 cup sugar
1 1/2 tsp baking powder
1/4 tsp salt
1 cup seedless raisins
1/2 cup milk
2 cups water
1 cup brown sugar
2 tbsp butter

Sift flour, sugar, baking powder and salt together. Stir in raisins and milk. Spread this in greased quart baking dish. Heat water, brown sugar and butter until sugar is dissolved. Pour over batter. Bake 35 mins. at 350 deg.

Patsy McLeish

DRIED FRUIT SALAD

1 pkt dried fruit salad
2 level tbls sago
2 dsp sugar

Place sago in suitable dish, arrange dried fruit salad on top, cover with water and leave overnight (approx. 1" water over sago, dried fruit). Cook covered in slow oven.

Madge McPhee

STRAWBERRY ICE

1 punnet strawberries, hulled and rinsed
2 tsp gelatine
2 tbls boiling water
1 x 200g carton Natural Yoghurt
2 egg whites
1/4 cup castor sugar

Thoroughly dissolve gelatine in boiling water. Place into a blender with strawberries and vitamize till smooth. Add yoghurt and blend again until thoroughly combined. Pour into a large shallow dish or plastic ice cream container. Chill in freezer till a 2cm border of ice crystals forms around the edge. Beat mixture with a fork to break up ice crystals. In a clean bowl, beat 2 egg whites until soft peaks form. Gradually add sugar and beat to a firm meringue. Carefully fold into strawberry mixture. Freeze for several hours until just firm. Spoon into chilled serving bowls. Decorate with fresh strawberries. Serves6-8.

Helen Latchford

OLD ENGLISH BREAD & BUTTER PUDDING

1/2 loaf bread
1 cup sugar
1 1/2 cups sultanas
1 tbls mixed spice
2oz marg

Place bread in colander and soak under water. Squeeze out as much water as possible. Put soggy bread in mixing bowl and mix in all other ingredients. Put into greased tin approx. 8" x 8" and cook in fairly hot oven for 1 to 1 /2 hrs until brown and firm. Serve hot as a dessert with custard or cold as a slice.

Colleen Boxsell

QUICK 'N' EASY BAKED PUDDING

1 1/2 cups S.R. flour
1 cup mixed fruit
1 cup milk
1 pinch salt
1 egg, beaten

Combine the above ingredients and pour into a large flat dish. Pour over the following sauce: 2 cups boiling water, 1 cup brown sugar, 1 tbls butter. Bake for 30 min. in moderate oven. Form a creamy sauce on the bottom and a fruit pudding on top.

Nancy Draper

PAVLOVA DELIGHT

1 x 3 egg pavlova case
2 tsp gelatine
2 tbls water
2 egg whites
1 tbls castor sugar
1 x 200g carton Fruited Yoghurt
(use any flavoured yoghurt as desired)

Soften gelatine in water. Dissolve over hot water. Beat egg whites till stiff, adding sugar to make a firm meringue. Beat in choice of yoghurt and dissolved gelatine thoroughly. Chill till the mixture holds its shape on a spoon. Spoon into pavlova case and refrigerate till required. Decorate with seasonal fruits. Serves 4-6.

Helen Latchford

CHOCOLATE PUDDING

2oz butter
1/2 cup sugar
1 egg
1 cup S.R. flour
2 level dsps cocoa
1/2 cup milk
Vanilla

Cream butter and sugar. Add the unbeaten egg and vanilla, mix well. then fold in the sifted flour and cocoa alternately with the milk. Pour the mixture into a greased oven-proof dish and sprinkle over it a topping made by mixing an extra 1/2 cup sugar and 2 level dsps cocoa. Finally, pour 1 1/2 cups hot water gently over it and bake in a moderate oven 35-40 mins.

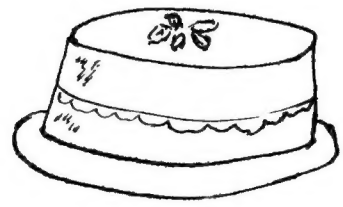
Judy Brown

FRUIT SLICE OR DESSERT

4oz butter
6oz sugar
1 egg
1 cup milk
2 cups SR flour
1 x 425g tin unsweetened pie apricots, peaches or apples
(or good cup plum, apricot or berry jam)

Cream butter, sugar and beaten egg, gradually add flour and milk. Mix well. Spread a good half mixture into a greased (papered on bottom) lamington tin, add 1/2 cup sugar (sweeten to taste) to fruit, spread evenly over cake mixture, add a little more milk or water to remaining cake mixture. Make in runny, pour and spread over the fruit (or jam, which may be thinned a little and spread thickly over the first layer of cake mixture). Bake 50-60 mins or till cooked. May be served hot, with custard or ice cream as a sweet, ot cut into slices for afternoon tea. Is very nice either way, is quick and easy to make.

Belle Roberts



MULBERRY SHERBET

500g mulberries
60g sugar
2 tbl fresh orange juice
2 tbl lemon juice
2 egg whites
Vanilla

Cover mulberries with water in saucepan and boil for 2 mins. Strain mulberries and reserve liquid. Put mulberries through sieve. Stir in sugar, orange juice and lemon juice. Beat egg whites until stiff and fold into mixture. Add vanilla and freeze for 30 mins. Remove from freezer and beat until smooth. Re-freeze then serve in small squares in glass dishes.

Gwen Forster

PLUM PUDDING

2 cups plain flour
1 cup brown sugar
Pinch salt
1/2 cup dripping
1 cup raisins
1 tsp soda
2 tbl treacle
1 cup cold tea
1 tsp spice

Mix flour, sugar, dripping, salt, raisins. Dissolve soda in tea and add to dry ingreds. Boil 2 hours.

Elsie Yates

RHUBARB PUDDING

Bunch rhubarb
4 tbls sago
Juice 1 orange
2 1/2 cups water
1 Granny apple
Approx. 1 cup sugar
Nutmeg
2 tsps butter

Cut rhubarb into 2" pieces and put into greased pie dish about 1/2 full. Sprinkle sago over top, also orange juice and water. Peel core and slice apple; place on top of rhubarb. Sprinkle sugar over top and work through with a fork. Top with nutmeg and butter. Bake in mod. oven till sago is cooked.

Betty Martin

GINGER NUT LOG

300 ml carton thickened cream
1 tbl icing sugar
250g pkt ginger nut biscuits
1/2 cup sherry
Preserved ginger and angelica to decorate

Whip cream and icing sugar in a chilled bowl until soft peaks form. Dip the biscuits in sherry and sandwich together with the cream to form a log. Place on a serving dish and spread remaining cream over the log. Refrigerate overnight. Decorate with fine slices of preserved ginger and angelica.

Anne McDonald

PINEAPPLE ORANGE CREAM

450g crushed pineapple
2 eggs, separated
1 tbl lemon juice
300ml carton thickened cream
1/3 cup sugar
2 tsp gelatine
2 tsp grated orange rind

Drain pineapple. Beat egg yolks and sugar in electric mixer until thick and creamy. Dissolve gelatine in lemon juice over hot water; cool slightly. Add the gelatine, pineapple, and half the orange rind to egg mixture. Whip cream until soft peaks form, fold 3/4 of cream through pineapple mixture. Pour into bowl or 6 individual glasses. Refrigerate several hours or until set. Decorate with remaining cream and orange rind before serving. Serves 6.

Faith Koshemakin

TUTTI FRUTTI PUDDING

1 egg beaten
1/2 tsp salt
1/2 cup sugar
1 1/2 cup flour
1 tsp carb soda
15oz tin fruit cocktail, undrained, as syrup is used to mix with
Spread: in 9 1/2 x 13 in well greased pan.
Sprinkle: 1/2 cup brown sugar and 1/2cup chopped nuts.
Bake: 40 mins at 350°. Serve with cream.

Lola Raithby

PASSIONFRUIT MOUSSE

3 tsp gelatine
1/2 cup water
1/2 cup sugar
Pulp of 4 passionfruit
1/2 cup milk
1 cup sour cream
1/4 cup sweet sherry
1 cup cream

Put gelatine, water and sugar into pan. Stir over low heat till sugar and gelatine dissolve. Stir in passionfruit, cool. Combine milk, sour cream and sherry. Mix till smooth. Stir in cooled passionfruit mixture. Beat cream till soft peaks form, gently fold into passionfruit. Mix well. Refrigerate till beginning to thicken. Stir gently to mix through passionfruit. Pour into dishes. Refrigerate until serving.

Judy Brown

FRUIT FLUMMERY

1 tbls flour
1 tbls gelatine
1 cup sugar
1 cup water
6 passionfruit
Juice 1 orange
Juice 1 lemon

Blend flour with a little water. Heat sugar, gelatine and water. Add flour and cook 3-5 mins. Beat till almost cold. Add juices and beat. Allow to set. Serve with ice cream, custard or cream.

Mrs. N. J. Andrews

SAGO PLUM PUDDING

3 tbl sago, soaked in 1 cup milk overnight
1 cup raisins
1 1/2 cup breadcrumbs
1 cup sugar
1 tbl melted butter
1 egg
1 cup mixed fruit
1 tsp carb soda dissolved in little milk.

Mix all together and steam for 2 1/2 hours. This makes a good Christmas Pudding.

J. Walsh

PASSIONFRUIT FLUFF

150 mls whipped cream
2 dsp gelatine
3 tbl water
185g sugar
Grated rind and juice of 1 lemon
6 passionfruit or 160 mls of canned pulp
3 eggs

Whip cream, soften gelatine in cold water and dissolve over boiling water. Cool. Stir sugar, lemon juice, passionfruit pulp and yolks over boiling water until mixture thickens. Cool. Add gelatine and lemon rind and leave until lightly set. Fold in cream and lastly beaten egg whites. Stir into the passionfruit mixture. Pour into a mould or glasses and allow to set.

Leila Oakes

PEACH COBBLER (PUDDING)

15oz can of sliced peaches
2oz butter or substitute
1/2 cup sugar
1 tsp vanilla
1 egg
1 cup self raising flour
1 cup milk
1/4 cup coconut

Drain peaches and arrange over base of 8" greased pie plate. Combine softened butter, sugar, vanilla, egg and sifted flour and milk in small basin of electric mixer. Beat on medium speed 2 mins. until mixture changes colour. Pour cake mixture over peaches. sprinkle top with coconut. Bake in moderate oven 40 mins. Serve with custard or cream.

Edith Troth

APPLE SQUARES

4oz butter
4oz castor sugar
1 egg
1 cup plain flour
1 tsp cinnamon
1 tsp mixed spice
1 1/2 cups stewed drained apple.

Cream together the butter and sugar until light and fluffy. Add egg, beat well. Sift flour with spices, fold lightly into creamed mixture. Spread half mixture on base of lightly greased 6" square tin. Cover with apples, spread remaining cake mixture on top. Bake in moderate oven approx. 45 min. until golden brown.

P. Cullen

SPONGE PIE

1 egg
1/2 cup sugar
1/2 cup milk
1 cup flour
1 tsp baking powder
1 lb stewed fruit

Beaf egg, then add sugar. Add flour and milk alternately and pour on top of fruit.

Del Poole

JAMAICAN BANANAS

1/3 cup orange juice or dry white wine
1/4-1/2 tsp mixed spice
2-3 tbl red currant jelly
1 tbl butter or marg.
4 firm, barely ripe bananas

In large heavy frying pan, combine orange juice or wine with the spice, jelly and butter. Heat, stirring frequently until boiling. Add bananas, cut as desired. Cook quickly, spooning sauce over, until tender. Serve with ice-cream.
Note: substitute all or some of the bananas with 2-4 thick slices of fresh pineapple. Core and cut pineapple pieces into wedges, leaving rind on if desired. Serves 4.

Nancy Pitt

BOILED FRUIT PUDDING

1 pkt mixed fruit into a saucepan with 2 cups milk, 2 tbls butter, 3/4 cup sugar, pinch salt, tsp of spice.

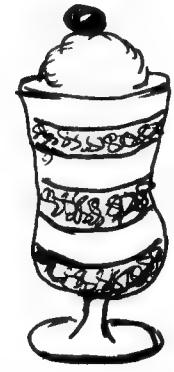
Bring to boil. Add 1 tsp carb. soda and stir in gently 1 1/3 cups S.R. flour. Steam in steamer 3 hrs.

E. Bennett

MARSHMALLOW FRUIT WHIP

Cut into quarters 1 pkt marshmallows. Pour the juice of 2 oranges over marshmallows. Leave in 'fridge 2 hrs. Add 315g whipped cream, 3 passionfruit, 3 chopped bananas. Serve with ice cream.

Kim Clarke



RHUBARB COCONUT CRUMBLE

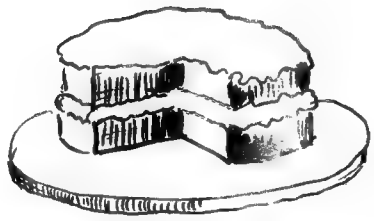
1 bunch rhubarb
2 tbl orange juice
1/2 cup sugar
1/4 tsp cinnamon

Topping:
1oz butter
1/2 cup S.R. flour
3 tbl brown sugar
2 tbl coconut

Cut rhubarb into 1" lengths. Arrange in shallow ovenproof dish and sprinkle with orange juice, sugar and cinnamon. Sprinkle topping evenly over and bake in mod. oven for 40 mins. Serve warm with cream or ice cream.

Dorothy Harrison

CAKES



ONE BOWL CAKE

3 large tbls marg
1 cup sugar
2 cups SR flour
3 large eggs
1/2 cup milk

Soften butter. Add all ingredients and beat fast 4 mins. Bake mod. oven. Good mixture for patties also.

E. Bennett

EASY BANANA CAKE

3 oz sugar
2 oz butter or marg
4 oz (1 cup) SR flour
1-2 eggs (1 lge, 2 small)
1-2 ripe bananas
1 tbls milk
1 flat tsp bicarb. soda

Beat butter and sugar, add eggs, then mashed bananas, flour and lastly milk and bicarb. soda. Bake in bar tin for 1/2 hr or until cooked - 350 deg. Makes 1 large or 2 small cakes.

Annette Campbell

CARAMEL CAKE

Cream 1 cup brown sugar, 4oz margarine and 1 tbls boiling water. Add 2 egg yolks and 1 tbls golden syrup. Beat well, add vanilla and 1 1/2 cups SR flour sifted with spice alternately with 1/2 cup milk. Fold in well-beaten egg whites and bake in mod. oven for 1/2 to 3/4 hour.

Icing: 1 cup brown sugar, 1 tbls butter and 2 tbls milk. Bring to boil. Simmer for 4 mins. Do not stir after it boils. Beat until cold and thick.

Colleen Boxsell

NEVER FAIL SPONGE

3 eggs
3/4 cup cold water
1 1/4 cup sugar
1 1/2 cup S.R. flour

Beat egg yolks with water for 5 mins., add sugar, beat until fluffy. Fold in flour, then well-beaten egg whites. Cook in mod. oven for 20-25 mins.

Jean Batty

EVERYDAY CAKES

2 cup S.R. flour
1 cup plain flour
1 cup sugar
2 tbl butter or a little more
Pinch salt
1 egg and milk to make a firm dough
1 cup mixed fruit

Sift flours and salt, rub in butter, add egg and milk and fruit. Pat out to 1/2" thickness on floured board and cut into squares. Place close together on tray (greased) and bake in hot oven 10-15 mins. Slice and butter when cold.

B. Sampson

FRESH AND DRIED FRUIT CAKES

1/2 cup marg
1 1/2 cup brown sugar-- lightly packed
1/2 cup mashed banana
1/2 cup grated apple
1 cup sultanas
1/3 cup milk
2 eggs
3 cups plain flour
1 level tsp bicarb soda
1/2 tsp nutmeg

Cream butter and sugar until light and fluffy. Add mashed bananas and grated apple. Beat in the eggs one at a time and then add the sultanas. Dissolve bicarb soda in the milk and add to mixture alternately with the sifted dry ingreds. Place in 2 well greased bar tins. Bake in centre of a mod. hot gas oven for 30-40 mins.

Lorraine Hibberd

QUICK BUTTER FREE FRUIT CAKE

750g mixed fruit
1/2 cup water
1 beaten egg
440g can sweetened condensed milk
1 cup S.R. flour

Put 1/2 fruit in saucepan with water, boil 1 min., cool and add remaining fruit, egg, condensed milk and flour. Mix well, spoon into a greased paper-lined 7" square deep cake tin. Bake in slow oven (about 250°) for around 2 hours or until cooked. This recipe won 1st Prize for economical fruit cake, Mudgee Show.

Belle Roberts

BOILED FRUIT CAKE

2 cup mixed fruit
1 cup sugar (preferably brown)
1/4 lb butter
1 tsp carb soda
1 cup water

Place in saucepan and bring to boil. Simmer for 1 min. only then cool and add:
1/2 cup plain flour
2 eggs
1 1/2 cups S.R. flour

Bake in mod. oven for approx. 1 1/2 hours.

Anne McDonald

RAISIN CAKE

1 cup sugar
1/2 cup butter
1 egg
1/2 cup milk
1 cup raisins
2 cups plain flour
1 tsp cream of tartar
1/2 tsp carb soda, dissolved in boiling water

Mix well. Bake about 3/4 hour in fairly hot oven.

Isabella Davis

BANANA CAKE

1 cup wholemeal plain flour
125g (4 oz) butter
3/4 cup raw sugar
1 egg
1 cup wholemeal SR flour
3/4 tsp salt
1 1/4 cups mashed banana (2 large or 3 small)
1/4 cup yoghurt or buttermilk

Grease 9" x 5" loaf tin, heat oven 375° Cream butter and sugar until very light and creamy. Add egg, beat well. Combine bananas and yoghurt, stirring just enough to mix. Add flours and salt alternately with banana mixture to creamed butter, stirring just enough to combine well. Turn into tin. Bake for 50 mins. Cool for 10 mins. in tin, then turn out onto wire rack. Slice and butter.

Jill Wilson

PINEAPPLE FRUIT CAKE

Place in saucepan:
1 tin crushed pineapple
1 pkt mixed fruit
1 cup sugar
1 tsp bicarb. soda
125g marg
1 tsp mixed spice

Bring to boil and boil 3 mins. and then cool. When cool add 2 beaten eggs, 1 1/2 cups SR flour and 1/2 plain flour. Bake in mod. oven approx. 1 hour.

Carol Morrissey

PUMPKIN CAKE

1/4 lb butter
1 cup mashed warm pumpkin
1 scant cup of sugar
2 tbls golden syrup

Beat till creamed. Then add 2 well-beaten eggs, Blend in 2 cups of SR flour or plain flour with 2 tsp baking powder and 1 pkt mixed fruit. Bake 1 1/2 hrs in a slow to moderate oven.

Mary Stoff

WHISKY CAKE

185g (3/4 block) marg
250g (1 cup) castor sugar
2 x 50g eggs
275g (1 1/2 cups) sultanas soaked in 125ml 1/2 cup whisky for 10 mins.
280g(2 1/4 cups) plain flour
1 1/2 tsps bicarb. soda
1/4 tsp ground nutmeg
90g (3/4 cup) finely chopped walnuts
1 1/2 tbls lemon juice

Icing:

90g (4 1/2 tbls) marg
250g (2 cups) icing sugar, sifted
2 tbls whisky - walnut halves and chopped walnuts for decoration

Cream margarine and sugar until light and fluffy. Beat in eggs one at a time. Strain sultanas, reserve whisky and toss sultanas in a little flour. Sift remaining flour, bicarb. of soda and nutmeg together. Fold flour mixture, sultanas and walnuts into margarine mixture, alternating with whisky and lemon juice.
Divide mixture between 2 base-lined, greased 20cm (8") sandwich cake tins and bake in centre of a mod. oven at 180°C (375°F) for 40 mins. or until cooked. Turn out and cool on wire cooling trays.
Icing: Cream margarine with icing sugar and whisky until light and fluffy.
To finish: Sandwich cakes together with half icing, swirl remaining icing on top and decorate with walnut halves and chopped walnuts.

Jill Wilson

CARAMEL NUT CAKE

Cream 2 oz butter and 1/2 cup brown sugar. Add 1 egg and beat well. Fold in 1 cup SR flour alternately with 3 tbls milk and vanilla. Place in 7" greased tin. Mix the following topping ingredients together and spread over cake. Bake in mod. oven 35 mins.
Topping: 1/4 cup brown sugar, 1/4 cup chopped walnuts, 1 tbls melted butter, 1 1/2 tbls plain flour, 1 dsp cinnamon.

Margaret Kerney

DATE CAKE

6 oz butter or margerine
6 oz castor sugar
3 eggs
Pinch salt
1/4 tsp vanilla essence
10 oz SR flour
8 oz dates
Lukewarm water or milk

Grease and flour a cake tin 7" x 3 1/2" or ring cake tin. Cream the fat and sugar until light and creamy. Beat in the eggs one at a time, salt and vanilla essence. Add the sifted flour and dates with just enough water or milk to make a batter a little less stiff, but still firm enough to hold the fruit. Bake for 1 1/2 to 1 3/4 hours at 350°.

Icing:
6 oz icing sugar
1 oz copha shortening
2 dsp milk
1 dsp powdered coffee. For strong coffee icing use heaped dsp coffee

Melt copha over gentle heat. Add milk, coffee, vanilla and sifted icing sugar and beat well. Stir till mixture thickens sufficiently to pour over cake. This cake can be made 2 or 3 days before use.

Mrs. H. Spannenberg

AMERICAN NUTMEG CAKE

2 cups brown sugar
1 egg
1 tsp carb. soda
1 tsp nutmeg
2 tsp baking powder
4oz margarine or butter
1 cup milk
2 cups plain flour
Chopped walnuts if desired

Combine sugar, baking powder and flour. Rub in margerine till mixture resembles bread crumbs. Place half mixture in greased 8" tin. Dissolve soda in milk, add beaten egg and nutmeg. Pour onto balance of mixture. Mix well and pour into tin. Bake in mod. oven 1 hr. Stand 5 min. before turning out.

Pearl Eagle

FRUIT CAKE
Large cake suitable for Wedding or 21st Birthday

750g (1 1/2 lb) raisins
750g (1 1/2 lb) sultanas
125g (4 oz) mixed peel
250g (8 oz) glace cherries
125g (4 oz) dates
125g (4 oz) prunes
125g (4 oz) dried apricots
10 eggs
4 cups plain flour
1 cup SR flour
125g (4 oz) chopped almonds
6 tbls brandy or rum
6 tbls sherry
500g (1 lb) butter
2 1/2 cups sugar (1/2 brown, 1/2 castor)
Grated rind 2 lemons
2 tbls golden syrup
2 tbls marmalade
2 tsp mixed spice
2 tsp cinnamon
1/2 tsp salt
Extra brandy

Use best quality washed and dried fruit. Chop raisins and sultanas finely. Chop, peel, cut dates, prunes and apricots into a small dice. Put all fruit into a bowl. Sprinkle with brandy or rum and sherry and leave overnight.

Prepare tin by lining with 3 thicknesses of brown paper and finish with 1 of greaseproof (4 thicknesses) on sides and bottom standing higher than the top of the tin. Also pin 3 thicknesses of brown paper on outside of tin (sides and bottom). This stops cake from burning.

Next day:

Beat butter and sifted sugars with lemon rind until creamy. Add golden syrup and marmalade and beat well. Add eggs one at a time, beating well after each addition. Add 1 tbls of the flour with the last egg.
Sift together the flour, spices and salt twice and stir into creamed mixture alternately with fruit and chopped almonds. Spoon mixture into a deep 23cm (9") square lined tin.
Wet your hand and smooth raw mixture with back of hand before you put cake in oven. Bake in a slow preheated oven 150°C (300°F) for 2 hours, then reduce heat to 140°C (275°F) and cook a further 2 1/2 to 3 hrs or until cooked. Remove from oven and sprinkle with 2 tbls brandy and wrap in a clean tea towel while still in tin until next day. Remove cake and wrap in plastic wrap until ready to use.

Iris Patterson

2 - 4 - 6 - 8 CAKE

2 eggs
4oz butter
6 oz sugar
8 oz flour
1/2 cup milk
Small can pie apples
Cinnamon
Sugar

Cream butter and sugar. Add 2 eggs one at a time. Add flour and milk alternately. Put layer of batter. Sprinkle sugar, pie apples and cinnamon, rest of batter. Bake about 30 mins. in mod. oven. Recipe may be doubled or trebled according to size of tribe to be fed.

Nell Munn

PINEAPPLE FRUIT CAKE

1 cup sugar
15 oz can crushed pineapple
1 lb mixed fruit
1 tsp bicarb. soda
1 tsp mixed spice
4 oz butter
1 cup plain flour
1 cup SR flour
2 eggs

Place sugar, contents of can of pineapple, chopped mixed fruit, bicarb. of soda, spice and butter in saucepan. Bring to the boil and allow to boil 3 mins. Remove from heat, allow to cool completely. Sift flours together, mix into cold fruit mixture with the well-beaten eggs. Place mixture in greased and lined 8" (or 7 1/2") cake tin. Bake in mod. oven approx. 1 1/2 to 2 hours or until a skewer inserted comes out clean.

Patsy McLeish

BANANA CAKE

3oz marg.
2 eggs
1/2 tsp carb soda
4oz sugar
6oz S.R. flour
3 mashed bananas
Vanilla essence

Cream marg and sugar. Add vanilla and eggs. Fold in bananas. Sift flour and add with milk and soda which has been dissolved in 2 tbl milk. Bake in mod. oven for approx. 40 mins.

M. Besant

QUICK MIX CAKE

1/4 cup milk
4 tbl soft butter or substitute
3/4 cup castor sugar
2 eggs unbeaten
1 cup S.R. flour
1 tbl cornflour
1/2 tsp vanilla
Pinch salt

Place all ingreds. in bowl. Beat well for 5 mins. Turn into lightly greased 8 x 4 loaf tin. Bake in mod. oven approx. 35 mins. When cool, ice.

E. Robbins

PRUNE CAKE

3/4 cup sugar
1/4 lb butter or marg.
2 eggs
1 heaped cup SR flour
12 prunes cooked in water without sugar. Stone prunes.
1 level tsp cocoa
1/4 tsp each ground cloves, cinnamon and nutmeg
4 tsp juice from prunes

Cream butter and sugar. Add eggs then add prunes and juice. Lastly fold in dry ingreds. Bake in mod. oven for 3/4 hour. For a change, cut in half and put cream between.

B. Yates

QUICK CHOCOLATE CHEESE CAKE

180g crushed plain sweet biscuits
90g melted butter
Little nutmeg

Combine and press mixture over base of 8" springform pan. Refrigerate until firm.

Filling:
250g cream cheese
2 tbl Marsala or rum
1 dsp grated lemon rind
1 tbl lemon juice
185g chilled evaporated milk
3/4 cup sour cream
2 eggs
90g choc bits
3/4 cup sugar
1 tbl gelatine
1 tbl cold water
2 tbl hot water

Sprinkle gelatine over cold water. Add hot water and stir to dissolve. Combine all ingreds in electric blender, then blend on high speed for 45 secs. Pour mixture over crumb crust. Refrigerate until set, preferably overnight.

Wendy Van-Der-Well

BANANA CAKE

1 1/2 cup flour
1/4 tsp salt
2 tsp baking powder
1 tsp baking soda
3/4 cup sugar
1/2 cup butter, cut into 8 pieces
2 eggs
1/2 cup milk
2 bananas

Mixed in food processor. With metal blade in place add all ingreds. except eggs, milk and bananas to processor bowl. Turn on and off rapidly until butter is absorbed. Add eggs and milk and process until just combined. Add bananas and process for about 3 secs. Spread into 8" square lined baking dish. Bake 350° for 40 mins.

Mary McKenzie

COCONUT TOPPED CAKE

4oz butter
3/4 cup castor sugar
2 eggs
3 tbl milk
1/3 cup plain flour
2/3 cup SR flour
1 tsp vanilla

Topping:
1 1/4 cup plain flour
1/3 cup brown sugar
2/3 cup coconut
2 oz butter
2 tsp lemon juice

Sift flours, rub in butter. Stir in sugar and beaten eggs, milk and vanilla. Spread mixture in well greased 7" x 11" lamington tin.
Topping: Mix sifted flour, brown sugar and coconut. Rub in the butter and add lemon juice, mix well. Then crumble topping over the cake mixture in tin. Bake in mod. oven 30-35 mins.

Jennie Walsh

APPLE SULTANA CAKE

3/4 cup S.R. flour
3/4 cup plain flour
4oz marg.
1 1/2 cup brown sugar
2 small green apples
1 cup sultanas
1 egg
3/4 cup milk
1/2 tsp mixed spice
1/2 tsp carb soda
Sift flour into bowl. Rub in marg., add sugar and mix well. Spread 1/3 of this mixture over well-greased lamington tin, press firmly. Slice apples and with sultanas, cover the base mixture. Combine beaten egg, milk, soda and spice. Add to remaining base mixture and beat well. Pour evenly over the fruit. Bake in mod. oven 50-60 mins.

Joan Harris

DATE CAKES

1/2 lb butter
1/2 cup sugar
1 tsp cinnamon
1/2 cup chopped nuts
3/4 cup chopped dates
1 1/2 cups plain flour
1/2 tsp carb soda
1 egg

Beat butter and sugar, then the well-beaten egg. Add sifted flour and cinnamon, then dates and nuts, lastly the soda dissolved in boiling water. Bake 10-15 mins. in hot oven.

Isabella Davis

BOILED PUMPKIN FRUIT CAKE

500g mixed fruit
2 eggs
1 cup cold cooked pumpkin
1 cup sugar
8oz butter
1 tbl syrup
1 cup S.R. flour
1 cup plain flour
1 cup cold water
1 tsp baking soda

Boil fruit, sugar, syrup, butter and baking soda in the cup of water for 20 mins. Allow to get cold, then add beaten eggs, mashed cold pumpkin and beat until smooth. Lastly add the sifted flours. Bake in mod. oven for 1 1/2-2 hours.

Gwen Nicholson

WELCOME CAKE

Cream together 1 cup sugar 1/4 lb butter or margerine. Add 3 eggs, one at a time, beating well. Add 3 cups SR flour, pinch salt and 2 cups currants, flouring currants as adding flour to mixture. Bake 40 mins. in moderate oven.

Tina George

BOILED FRUIT PATTY CAKES

1/4 lb marg or butter
1/2 cup brown sugar
1 cup S.R. flour
1 tsp soda
1 tsp mixed spice
3/4 cup water
1 pkt mixed fruit
1 egg

Place marg, sugar, soda, mixed fruit and water in saucepan. Boil 5 mins. Allow to cool. Add egg, beat well. Add flour and spice. Place into patty tins (greased). Bake about 10-15 mins. in mod. oven.

E. Bennett

OLD FASHIONED GINGER BREAD

4oz butter or marg
3/4 cup treacle
1/4 pt. milk
2 cup plain flour
1 tsp mixed spice
1 tbl ginger
1 tsp carb soda
2 beaten eggs
1/2 tsp salt

Place treacle (or golden syrup), milk, butter in saucepan until butter melts and ingreds. are blended. Cool. Beat eggs and add to mixture. Sift dry ingreds. Stir in liquids. Mix until smooth. Pour in 8" square tin. Bake in slow oven for an hour. Test with skewer. When cool, ice with lemon icing.

Nancy Draper

CHOCOLATE CAKE

3 tbls butter
2 level tbls cocoa
1 cup SR flour
1 cup sugar
1/2 cup milk
2 eggs
1/2 tsp vanilla

Melt butter. Put all the other ingredients into basin and pour the melted butter on top. Beat really hard for 3 mins. Pour mixture into prepared tin and bake in mod. oven

Judy Brown

ORANGE CAKE

6oz butter
6oz sugar
3 eggs
1 tbl orange juice
Grated rind of 1 lge orange
10oz S.R. flour
1 cup milk

Cream butter and sugar, add eggs, one at a time. Add orange juice and rind
Add a little flour, then add milk and then the rest of the flour. Bake in mod. oven 45mins.

C. Blain

CHOCOLATE BISCUIT CAKE

5 oz copha
1 2 lb icing sugar
1 egg
1 2 lb plain biscuits
1 tsp vanilla
2 level dsp cocoa

Leave biscuits to soften. Line a straight sided 6" tin with greaseproof paper. Place in basin sifted icing sugar cocoa, egg and vanilla. Melt copha over gentle heat, pour onto other ingredients and mix well. Place alternate layers of chocolate mixture and biscuits in prepared tin, commencing and finishing with chocolate mixture. Stand in cool place to set.

K. Stanmore

LIGHT FRUIT CAKE

1/2 lb butter
1 cup sugar
3 eggs
1 1/2 cups flour
1/2 tsp baking powder
1 1/2 cups mixed fruit

Cream butter and sugar well, add eggs one at a time, beating mixture well. Add flour, sifted with baking powder and lastly fruit. Cook in mod. oven 1 1/2 hrs.

Alma Mulholland

QUICK MIX FRUIT CAKE

185g marg.
2/3 cup brown sugar, firmly packed
4 eggs
1 1/2 cup plain flour
1/2 cup S.R. flour
1/3 cup milk
500g mixed fruit
125g mixed peel
125g glace cherries
60g slivered almonds

Have butter and eggs at room temp. Combine butter sugar and eggs, sifted flour and milk in lge basin. If electric beater, beat on low until ingreds. are combined. Increase speed to medium, beat until mixture is smooth and changed colour. Stir in mixed fruit, peel and halved cherries. Mix well. Spread mixture into well greased deep 20cm round cake tin. Sprinkle top evenly with almonds. Bake in slow oven 2 1/4 hours or until cooked when tested. Cool in tin.

Jean Batty

SEAFOAM SPICE CAKE

2 1/2 cups flour
2 1/2 tsp baking powder
1/4 tsp salt
1 tsp cinnamon
1/2 tsp mace
1/4 tsp cloves
1/2 cup shortening
1 cup sugar
2 eggs, unbeaten
1/2 cup molasses (or golden syrup)
3/4 cup milk

Sift flour once, remeasure, add baking powder, salt, spices, sift 3 times. Cream butter and sugar till light and fluffy. Add eggs one at a time, beating well after each. Then add molasses and blend. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Bake in mod. oven 375°F 25-30 mins or until done.(2 greased 9" layer tins). Coconut frosting.

Joy Marchoni

CARROT CAKE

1 cup SR wholemeal flour
1tsp bicarb. soda
2 cups grated carrot
1 tsp cinnamon
2 eggs
1 cup raw sugar
1/2 cup salad or vegetable oil
Chopped nuts if liked

Sift dry ingredients, add sugar, eggs, oil, carrots and nuts. Beat well. Place in ring tin, well greased. Bake 175° for 45-50 mins. *Frosting:* 3 oz cream cheese, 1 oz butter, 8oz icing sugar.
Cream butter and cheese, add icing sugar gradually. Beat until creamy. Decorate as desired.

Pearl Eagle

SOUR CREAM CARROT CAKE

1 cup wholemeal SR flour
1 cup white plain flour
1 tsp bicarb. soda
2 tsp cinnamon
2 tsp nutmeg
1 cup brown sugar, lightly packed
1 cup oil
4 eggs
1/2 cup sour cream
3 cups grated carrot ups grated carrot

Sift flours, soda, cinnamon and nutmeg into a large bowl. Add sugar and oil, mix well. Put eggs and cream into separate bowl, beat well, add to flour mixture. Mix until smooth. Add carrot, mix well. Pour into 2 loaf tins, bake in mod. slow oven approx. 45 mins.

Cream Cheese Frosting:

60g packaged cream cheese
30g butter
1 tsp grated lemon rind
1 1/2 cups icing sugar.

Mix cheese, butter, lemon rind until smooth, gradually beating in icing sugar.

Linda Rohr

BUTTER CAKE

1/2 lb plain flour
1/2 lb butter
1 tsp baking powder
4 eggs
Extra 1 tbls plain flour

Beat flour and butter together until well creamed. Beat eggs and sugar in separate bowl. Add egg mixture to creamed flour and butter and beat well. Lastly, fold in baking powder which has been mixed with the extra tbls flour. Bake at 375° for 45 min. or until skewer inserted in cake comes out clean.

Caramel Icing:
2 oz butter
1/2 cup firmly packed brown sugar
1 1/2 tbl cream
1 1/4 cups sifted icing sugar
Vanilla

Put butter and brown sugar in saucepan and heat over low heat, stirring for about 2 mins. Add cream. Bring to boil and remove from heat. Add icing sugar and vanilla. Beat well, adding a little more cream if necessary to make creamy icing.

Pat Hamilton

CHERRY COCONUT CAKE

4 oz butter
2 eggs, separated
3 /4 cup sugar
2 cups SR flour
1 tsp grated orange rind
3 oz glace cherries
1/2 cup coconut
2/3 cup orange juice
Pinch salt

Cream butter, sugar and orange rind, beat until light and fluffy. Add egg yolks and beat well. Stir in the halved cherries and coconut, then sifted flour and salt alternately with the orange juice. Beat egg whites until soft peaks form. Fold lightly into cake mixture. Place mixture into greased 9" x 5" loaf tin. Bake in mod. oven approx. 1 hour.

Joyce Walsh

CANADIAN WAR CAKE

Eggless, butterless, milkless

2 level cups dark brown sugar
2 cups hot water
2 heaped tbl lard
1 lb seeded raisins
1 small tsp ground cloves
1 good tsp cinnamon
1 tsp salt

Boil all these ingreds. together for 5 mins. When cold add 3 cups flour, 1 tsp of soda dissolved in 1 tsp of hot water. Bake in 2 loaves 45-50 mins. in a slow oven in well greased tins.
Note: This recipe is sold for the sum of sixpence and the purchaser is expected to promise not to give it away but to sell it again for sixpence. The proceeds of the sale to be paid to any Patriotic Fund for our Australian Soldiers. This recipe was bought by *Mrs. Mildred Thompson* and sold to many people during the last world war. Mrs. Thompson was my mother-in-law. Make it if you dare!

Betty Thompson

GINGERBREAD

1 cup brown sugar, firmly packed
250g (8 oz) butter or margerine
2 eggs
1 cup sour milk
3/4 cup treacle
1 tbls cinnamon
1 tsp allspice
1 tbls ground ginger
2 tsp bicarb. soda
2 tsp warm water
3 cups plain flour

Cream together butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in softened treacle. Sift together flour and spices, add alternately to mixture with sour milk. Lastly fold in Bicarb. soda which has been dissolved in warm water. Mix carefully until smooth. Pour into greased 23cm (9") cake tin. Bake in mod. oven approx. 1 1/4 hours. Ice if desired with lemon icing.

M. Besant

CARROT CAKE

2 cups SR flour
1 1/3 cups water
1 1/2 cups sugar
30mg marg
1 cup raisins
Approx. 2 cups grated carrot
1/2 tsp nutmeg
1 tsp ground cloves
1/2 cup walnuts
1/2 tsp salt

Place all ingredients except flour and walnuts into a saucepan. Bring to the boil and simmer about 10 min. Cool and stir in flour and walnuts. Bake 1 to 1 1/2 hrs in mod. oven in 23c x 15c loaf tin.

Jill Wilson

NO FAIL SPONGE

3 large eggs
3oz castor sugar
3oz plain flour

This amount is enough for 1 layer only, but a nice size. Grease an 8" sponge tin and place a round of greased grease-proof paper over the bottom. Whisk the eggs and sugar until really thick and creamy . . . the whisk when lifted from the mixture should leave a thick trail. Sift in the flour, folding in a little at a time. Turn the mixture into the tin and spread evenly, tapping the tin gently once or twice on the table top. Bake above the oven centre for about 15 min. until well risen and golden brown. Ease if necessary around the edge with a round-bladed knife, turn out carefully and cool on a wire rack.

Dorothy Klenk

PUMPKIN CAKE

Mix 1 cup sugar with 1 cup of mashed pumpkin until smooth and add 3 tbls melted butter and mix. Then add 1/2 cup sultanas, 2 cups SR flour, about 1/2 tsp vanilla and lastly 1/2 to 3/4 cup milk. Mix well and bake in slab tin 18cm x 26cm on mod. oven for approx. 3/4 hour.

Mrs. L. Warburton

WELSH CAKES

1 lb SR flour
1 2 lb marg
Pinch salt
4 oz castor sugar
3 oz currants
3 oz sultanas
2 eggs

Rub fat into flour, add salt, sugar and fruit. Add 2 beaten eggs and a little warm water if necessary. Turn onto floured board and knead lightly. Roll mixture out 1 4" thickness and cut with round cutter. Place on greased hotplate or griddle on mod. heat. Cook each side for about 4 min. If they brown too quickly lower heat for inside must have time to cook.

Gladys James

SPONGE SANDWICH

4 eggs
6 oz castor sugar
3 oz plain flour
3 oz Fielder's cornflour
3 level tsp baking powder
4 tbls water
2 level dsps butter

Beat the white of eggs till stiff then add sugar and beat well again, then add yolks, still beat well. Add the flour and cornflour and baking powder, which must be sifted 3 times. Lastly add the hot water and butter. Bake in 8" sandwich tins in mod. oven 20 mins.

Ivy Miskle

SIMPLICITY CHOCOLATE CAKE

1 cup sugar
1 cup S.R. flour
2 eggs
2 tbl cocoa
2 tbl butter or marg
1/2 cup milk
1 tsp vanilla

Beat all together 5 mins. Cook in mod. oven 25-30 mins. When cold ice with chocolate icing and decorate with walnut halves.

E. Robbins

GINGERBREAD

1/2 cup golden syrup
1/2 cup boiling water
1/2 cup brown sugar
1 cup plain flour
1/2 cup SR flour
1 tsp carb. soda
3 tsp ground ginger
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp salt
4 oz butter

Sift dry ingredients, add combined boiling water and golden syrup. Melt butter and beat into the mixture. Pour into 8" x 4" loaf tin lined with greased aluminium foil. Bake in a moderately slow oven 1 hr or until cooked when tested.

D. Walsh

BUTTER CAKE (QUICK MIX)

125g (4oz) butter, softened
3/4 cup sugar
2 eggs
1/2 cup milk
1 tsp vanilla
2 cups SR flour

Combine all ingredients in medium size bowl of electric mixer and mix on high for 3 min. Bake in mod. oven.

Leila Oakes

ORANGE CAKE

3 eggs
Butter or marg
Sugar
Flour
1 orange

Take the weight of 3 eggs in butter, sugar and flour. Beat butter and sugar to a cream and add 2 eggs, one at a time and beat well. Add juice and grated rind of orange (about 1/2 cup). Mix in flour and lastly, the other egg. Bake in Ring tin, well greased, for 20 mins. Ice with orange icing.

Pearl Eagle

ALL IN TOGETHER CAKE

1/2 lb butter or marg
1 1/2 cups sugar
4 eggs
1/2 cup milk
2 cups S.R. flour
2 tbl cornflour

Put all together in basin and beat for 8-10 mins. till very creamy. Put into 2 tins and bake in mod. oven 20-25 mins. depending on size of cake tins.
Orange Cake:Add grated rind and juice - 1/4 cup to make up to1/2 cup with milk. Ice with orange icing.
Chocolate Cake:1 tbl less of flour, add 1tbl of cocoa melted in the milk (warm).

Pearl Eagle

TWO EGG SPONGE

2 eggs
1/3 cup castor sugar
2 tbl milk
2/3 cup S.R. flour

Beat egg white until soft peaks form. Add sugar gradually and beat until dissolved. Add egg yolks and beat until combined. Fold in sifted flour then the warmed milk. Pour mixture into greased 8" recess tin or sandwich tin. Bake in mod. oven 20-25 mins. or until cooked when tested. Allow to cool. Fill recess with lemon butter or strawberry jam and decorate with whipped cream.

Jill Atkinson

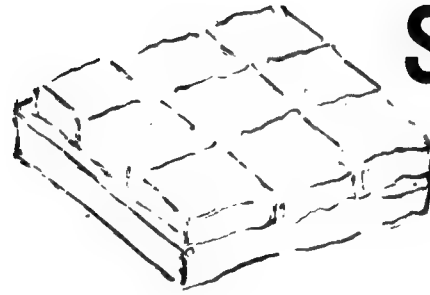
QUICK-MIX PATTY CAKES

2 cups SR flour
3/4 cup castor sugar
Pinch salt
4 oz softened butter
3 eggs
1/4 cup milk
Vanilla

Sift dry ingredients into small basin of electric mixer, add remaining ingredients. Beat on medium speed 3 mins. or beat with wooden spoon until smooth. Put heaped tsp of mixture into deep patty pans and bake in mod. oven 12 to 15 mins.

Mollie Potts

SLICES



SLICE

4 oz butter or marg
1/2 cup sugar
1 egg
Vanilla to taste
1/2 cup walnuts
1/2 cup raisins or sultanas
1 dsp cocoa
2 cups crushed biscuits
3/4 cup coconut

Melt butter and sugar, bring to boil. Add egg and boil for a few minutesuntil egg is cooked. Sift in all dry ingredients. Press into Swiss roll tin and cook in a mod. oven. Allow to cool. When cold, top with 2 cups icing sugar, 1 tbls custard powder, 2 oz butter or margarine - beat all together till thick. Add a little sherry, brandy or vanilla and spread over biscuit. If icing is too dry add a little orange juice. Ice with chocolate or passionfruit icing.

Alma Webb

LEMON SHORT SLICE AND PASSIONFRUIT ICING

Lemon cheese filling:
1 small cup boiling water
1 small cup sugar
1 tbls butter
Bring to boil.

Mix juice of 1 lemon, rind and 3 dsps custard powder. Stir into boiling mixture. Cook 1 min. Leave till cold.

Pastry.
1/4 lb butter
1/2 lb flour
1 tsp baking powder
1 egg
1/4 lb sugar
Beat butter and sugar till creamy. Add egg. Fold in flour. Roll out to fit lamington tin. Spread cooled lemon filling. Cover with remaining pastry. Bake in slow oven 45 mins (425° for 20 mins. Reduce to 350°). When cold ice with passionfruit icing:
1dsp butter
1 cup icing sugar
1 passionfruit

Jill Baskerville

COCONUT AND DATE SLICE

1 cup coconut
1 cup sugar
1 cup chopped dates
1/4 lb marg
1 dsp golden syrup
1 egg
2 tbls milk
1 cup SR flour

Combine dry ingredients. Melt margarine and syrup and pour over the dry ingredients. Mix well. Beat egg and milk and fold into the other ingredients. Spread into Swiss roll tin. Bake in mod. oven 350°-370° for approx. 30 mins. Ice with lemon icing when cold.

J. Walsh

CHERRY SLICE

8 oz copha, melted
8 oz coconut
1 tin condensed milk
4oz glace cherries
Pkt Morning Coffee biscuits.
Topping:
3 oz copha
3 oz chocolate

Place biscuits on base of Swiss roll tin. Mix all other ingredients together with electric mixer until mixture turns pink. Pour over base and refrigerate. Melt all extra 3 oz copha and chocolate together and place on top of slice and refrigerate. Keeps well in freezer.

Enid Blackburn

CARAMEL SQUARES

2 cups SR flour
1 cup brown sugar
2 cups coconut
1/2 lb marg

Melt margerine and add to dry ingredients. Press into lamington tin. Cook in mod. oven 20 mins (golden brown). Ice with chocolate icing while hot.

Betty Smith

CHOC-NUT BAR

2 tbls soft butter
1/2 cup sugar
1/2 cup coconut
1/2 cup strong ccocoa (2 dsps cocoa in half cup of boiling water. Mix well).
1 large cup SR flour

Mix in order given, press into greased lamington tin, cook about 20 mins in mod. oven (350°). Let cool in tin. Can be iced or left plain. Cut into squares while warm.

Belle Roberts

APPLE 'N' YOGHURT SLICE

Pastry:
125g butter
250g plain wholemeal flour
1/4 cup lemon juice
1 x 500g carton vanilla flavoured yoghurt
1 x 425g can unsweetened solid pack pie apple
1/2 cup wheatgerm
2 eggs
1/2 cup sugar
1/4 cup flour

Rub butter into flour. Mix in lemon juice to form a firm dough. Halve the pastry and roll each half to a 20cm square on a floured board. Trim edges. Place one half in the base of a buttered 20cm square cake pan. Combine filling ingredients thoroughly and pour evenly over base. Gently place remaining pastry on top. Bake at 180°C for 1 hour. Cool thoroughly. Refrigerate till firm. Cut into 8 portions. Serve as a snack or a lunch-box idea. Serves 8.

Helen Latchford

GINGER CRUNCH SQUARES

Combine 1 cup flour, 1/4 cup packed brown sugar, 2 level tsps ground ginger, 1 cup coconut. Melt 1/2 cup (4 oz) margerine and mix in firmly. Press mixture firmly with hand into greased 7" x 11" pan and cook in mod. oven 18-20 mins. Stir 3/4 cup icing sugar, 1 level tsp ground ginger, 2 level tbls margarine, 3 tsps golden syrup over low heat until boiling, then cook 2 mins., stirring well. Spread topping quickly over biscuit while both hot and cut into squares while still warm.

Helen Jackson

DICKIES BISCUITS

8 oz butter, melted
4 oz sugar
2 cups SR flour
1 tsp ginger, powdered

Melt butter and pour over dry ingredients. Press into tin. Cook in mod. oven 25 mins.
Icing: Melt 2 tbls butter, add 8 tbls icing sugar and 1 tbls golden syrup. Pour over biscuit while hot.

Mrs. R. F. Evans

DREAM FINGERS

1/4 lb marg
1/2 cup brown sugar
1 cup SR flour

Mix well by rubbing margarine into sugar and flour. Knead well. Press into oblong tin and bake until brown. 30 mins. in mod. oven.

Topping:
1 cup brown sugar
2 eggs
2 tsp SR flour
Salt
1 1/4 cups coconut
1/2 cup chopped walnuts.

Spread over mixture while hot and return to oven for 20 mins.

Suzanne Coller

PEANUT SLICE

1 cup SR flour
3/4 cup brown sugar
3/4 cup coconut
3/4 cup salted peanuts, chopped
1/4 lb butter

Melt butter, pour over dry ingredients. Add a few drops of vanilla. Bake mod. oven 20 mins. Ice while hot with cholocate or lemon icing

Kathleen Lobley

CHEESECAKE SLICE

2 pkts lattice biscuits
4 oz butter
8 oz cream cheese
1tsp vanilla
1/2 lb castor sugar
2 tsp lemon juice or more to taste
1 dsp gelatine, dissolved.

Beat butter, cream cheese, sugar and vanilla until fluffy and creamy. Add lemon juice and gelatine, beating all the time. Line tin with lattice biscuits. Pour cheese mixture over, top with lattice biscuits. Refrigerate till set.

Barbara Sampson

FRUIT SALAD SLICE

1/4 lb butter or marg
1 egg
1 1/2 cups SR flour
1/2 cup sugar
Pinch salt

Sift flour, add sugar. Rub in butter. Add well beaten egg. Press into greased slab tin. Bake till light brown. Leave to cool.

Filling:

Mix 1 tin condensed milk and juice of 4 lemons together. Spread on top of pastry case. Make red jelly, let almost set. Then slice sufficient bananas and spread over lemon mix. Add pulp of 4 passionfruit. Pour jelly on top and leave to set. Cut into squares and serve with whipped cream or ice cream.

E. Bennett

DATE AND LEMON SLICE

3oz butter or substitute
1/4 cup castor sugar
2 tsp grated lemon rind
1 egg
1 cup plain flour
2 1/2 tbl cornflour

Topping:

2 eggs
Pinch salt
1 cup castor sugar
2 tbl S.R. flour
1 cup coconut
1/2 cup finely chopped dates
2 tbl lemon juice
2 tsp grated lemon rind
Icing sugar

Cream butter and sugar until light and fluffy. Add lemon rind and egg and beat well. Stir in sifted flours. Press into greased and lined lamington tin. Spread topping over evenly. Bake in mod. oven 35mins. When cold dust top with sifted icing sugar. Cut into squares.

Topping:

Beat eggs and salt together until thick and creamy. Gradually add sugar. Beat until dissolved. Fold in sifted flour, coconut, dates, lemon juice and rind.

Edith Troth

DATE AND WALNUT SLICE

1 cup coconut
1 cup chopped dates
1 pkt chopped walnuts
2 tbl milk
185g sugar
125g butter
2 heaped tbl plain flour

Melt butter and add milk. Add dry ingreds. and mix well together. Press into greased tray and bake in mod. oven 20-25 mins. Ice with lemon icing when cold.

Betty Oakes

CHOCOLATE ROUGH SLICE

4oz butter
1/3 cup castor sugar
1/4 cup coconut
1 cup S.R. flour
1 dsp cocoa
Pinch salt

Topping:

3 tbl condensed milk
1 tbl cocoa
1 cup sifted icing sugar
1oz butter
1 cup coconut
1 tsp vanilla

Slice:
Sift dry ingreds. into basin, add sugar and coconut. Stir in melted butter, mixing well. Press into greased and lined 11 x 7" lamington tin. Bake in mod. oven 25 mins. Cool slightly and cover with Chocolate Rough Topping while still warm. Cut into slices when cold.
Topping:
Combine all ingreds. in basin. Mix well.

Friya Skropeta

WALNUT BISCUIT SLICE

3oz butter or marg
1/4 cup sugar
1 egg
1 1/4 cup plain flour
1/4 cup S.R. flour
1/4 cup chopped mixed nuts

Filling:
1/2 cup ground walnuts
3 tbl apricot jam

Cream butter and sugar until light and fluffy. Add egg and beat well. Gradually add sifted flours working in lightly. Divide pastry in half. Press half into base of greased and paper lined 6" square tin. Spread filling over then press remaining pastry on top. Sprinkle with mixed nuts. Bake in mod. oven 15-20 mins. Cut in small squares.
Filling: combine walnuts and apricot jam. Mix well.

Edith Troth

CURRANT SLICE

Pastry:

4oz butter or marg
1/2 cup sugar
1 cup S.R. flour
1 tsp custard powder
Icing sugar

Cream butter and sugar until light and fluffy. Fold in sifted flour and custard powder and mix to a firm dough. Turn on to a floured board, knead lightly. Divide into 2 halves and roll out half to fit greased lamington tin (11 x 7"). Spread with filling. Roll out remaining pastry to cover filling. Bake in mod. oven 30 mins. or until golden brown. Allow to cool in tin, cut into squares and sprinkle with icing sugar.

Filling:

1 cup currants
1 cup brown sugar - lightly packed
2oz butter or marg
1 egg
1/2 tsp vanilla
1/2 tsp nutmeg or mixed spice

Place currants in bowl, cover with 1/2 cup boiling water and allow to stand 5 mins. Drain well and while still warm add brown sugar, softened butter and egg. Mix well. Add vanilla and nutmeg.

Dot Carroll

CHOCOLATE SLICES

3 tbl sugar
2 tbl cocoa
1 beaten egg
1/2 lb butter

Bring all to the boil.

Mix 1/2 lb crushed biscuits with 1/2 cup crushed nuts and stir together. Then put into above mixture and press into greased flat dish. Place in fridge until firmly set then ice with chocolate icing.

Joan Clarkson

GINGER CRUNCH BISCUITS

125g marg
1/4 cup sugar
1 cup plain flour
1 tsp baking powder
1 tsp ground ginger

Cream butter and sugar together. Add sifted dry ingredients, mix well until thoroughly absorbed. Spread into slab tin and bake in moderate oven until slightly browned (15-20 mins.)

Topping:

4 tbls icing sugar
2 tbls marg
1 tsp ground ginger
3 tsps golden syrup

Place all ingredients in saucepan, stir over gentle heat until margerine is melted and ingredients well mixed. Pour over biscuit layer while both are still warm. Cut into squares when cool.

Cecily Ramsey

LEMON GINGER BAR

60g butter
1 tbl golden syrup
1 cup S.R. flour
1/2 cup sugar
1/2 cup coconut
2 tsp ginger
1 egg beaten

Melt butter, syrup and sugar over low heat. Add beaten egg, coconut and flour and ginger. Mix well and press into greased lamington tin. Bake in mod. oven 25-30 mins. Ice with lemon icing.

1 cup icing sugar
30g butter
2 tsp lemon juice
1 tsp grated lemon rind
1 tsp hot water

Mix and spread on bar. Cut into squares. Good keeper.

Belle Roberts

HONEY OAT BARS

1 cup rolled oats
1 cup sultanas
1/2 cup SR flour
1/2 cup raw sugar
1/2 cup coconut
3 oz butter
2 tbls honey

Combine oats, sultanas, sifted flour, sugar and coconut in basin. Melt butter, add honey and mix into dry ingredients until mixture clings together. Press into a well greased lamington tin. Bake in mod. oven 15-20 mins. or until golden. Cut into bars while still hot. Remove from tin when cold.

Dorothy Klenk

CHOCOLATE SLICE

1 cup SR flour
1 tbl cocoa, sifted with flour
1/2 cup castor sugar
1 cup coconut
3/4 cup mixed fruit
1/4 cup melted butter or marg

To flour and cocoa add coconut, castor sugar and mixed fruit. Pour butter over dried ingreds. and mix. Press into jam roll tin and cook 25-30 mins. in slow oven. Ice when hot and cut into squares.

Ruby Frappell

PEANUT FINGERS

1/2 cup brown sugar
1/2 cup coconut
1 cup S.R. flour
1 small pkt salted or crushed nuts
1/4 lb melted marg

Mix all dry ingreds. together and add melted marg. Mix well. Press into lamington tin, cook in mod. oven 15-20 mins. When cool ice with chocolate icing and sprinkle with coconut.

Betty Smith

JELLY SLICE

1/2 cup brown sugar
6oz melted marg
1 1/2 cups S.R. flour
1 cup coconut

Mix together and press into slab tray. Bake 20 mins. in mod. oven. When cold top with jelly mixture which has been cooled. cooled.
2 pkts red jelly
1 cup sugar
1 1/2 cup water
3 tbl cornflour

Boil jelly and sugar and water then thicken with cornflour (enough water to mix). When set, top with cream.

E. Bennett

GINGER COCONUT SLICE

60g butter or marg
1 tbl golden syrup
1 cup S.R. flour
1 1/2 tsp ground ginger
1/2 cup sugar - white or brown
1/2 cup coconut
1 egg

Melt butter and syrup over low heat. While melting, mix flour, ginger, sugar, coconut and lightly beaten egg together. Pour in melted butter and sugar. When all is well mixed, put mixture into well greased lamington tin. Bake in mod. oven for 25-30 mins. Ice with lemon icing and when cool cut into squares.

Rhonda Jones

CHOCOLATE BISCUIT

1 cup SR flour
1 cup coconut
1/2 cup sugar

Mix these with 1/4 lb melted margarine. Press into tin and bake 15 mins. Ice with chocolate icing while still hot. Sprinkle with coconut.

Joan Sharrock

MARSHMALLOW BISCUITS

3 weet-bix
1 cup S.R. flour
1 cup coconut
1/2 cup brown sugar
1/4 cup copha or marg

Crush weetbix in basin. Add sugar, flour, coconut, melted butter and vanilla. Bake in mod. oven and top with marshmallow.

Marshmallow:

1 cup sugar
1/2 cup water
1 heaped dsp gelatine

Boil for 4 mins and beat until thick and creamy. Pour on biscuits and ice with chocolate icing.

Nancy Draper

COCONUT SLICES

1 cup SR flour
Pinch salt
1 cup coconut
110g marg
3/4 cup sugar
2 small eggs
1/2 cup milk
Lemon flavoured icing

Put 1 cup sifted SR flour and pinch salt into bowl. Mix in 1 cup coconut. Melt 110g margarine, stir in 3/4 cup sugar and add to flour. Stir well. Add 2 small eggs, beaten well and 1/2 cup milk. Mix thoroughly. Turn into a greased lamington tin and bake in a moderate oven 20-25 mins. While still warm, top with lemon flavoured icing and a sprinkle of coconut. Cut into slices when cold.

Dawn Kidd

HINT FOR INSTANT MEALS

Keep a few tins of mixed vegetables and packets of instant mash potato on hand. Heat vegetables in own fluid; when boiling, thicken with instant potato. Serve with grilled sausages, chops, steak or fish fingers.

Belle Roberts

CHOCOLATE HAZELNUT SLICE

125g marg
3/4 cup sugar
2 drops vanilla essence
2 eggs
1 cup sultanas
220g arrowroot biscuits
1 x 200g block hazelnut chocolate

Melt margarine, add sugar, stir till dissolved and then add vanilla. Allow to boil, then cool. Add sultanas and beaten eggs, stirring all the time on stove till it thickens and looks a bit like caramel. Add the crushed biscuits. Pour into greased tin, then cool in fridge.

Melt chocolate in small saucepan, which is placed in a larger saucepan of simmering water. While base is still slightly warm pour chocolate on top, then place in fridge. Cut into squares to serve.

Bill Blackbourn

SLICE

2pkts Lattice biscuits
1/2 lb butter
1 cup castor sugar
1/2 lb Philly cheese
2 tsp vanilla
2 tsp gelatine dissolved in 1/2 cup boiling water and cooled

Soften butter and cheese slightly before beating together till creamy. Line dish with biscuits, spread with filling then top with remaining biscuits. Chill and cut into squares.

June Deveigne

EASY FRUIT SLICE

1 cup SR flour
1 cup Dess. coconut
1 cup mixed fruit
1 cup sugar
1 cup melted butter or margarine
1 beaten egg

Grease tin (28 x 18cm), sift flour, add sugar, coconut and fruit. Stir in melted fat and beaten egg. Mix until combined. Bake in mod. oven about 35 mins. Cool and cut into squares.

Anne Currie

NO-BAKE FRUIT SLICE

1/2 lb milk coffee biscuits, crushed finely
1/2 cup firmly packed brown sugar
Pinch salt
1 level tsp mixed spice
1 level tbls cocoa
3/4 cup chopped raisins and mixed nuts
Grated rind 1 orange
4 oz copha
3 tbls sherry or orange juice
1 tbls coffee essence

Place crushed biscuits in basin with sugar, salt, cocoa, spice, fruit, nuts and orange rind. Mix well. Melt copha over gentle heat, add sherry and coffee essence. Pour on to mixture in basin and combine thoroughly. Press into shallow tin (lined with greaseproof paper) not too thinly. Stand in fridge till quite firm. Remove from tin and cut into blocks as required. May be iced with a thin chocolate icing if desired.

Audrey Day

ORANGE AND RAISIN SLICE

4 oz polyunsaturated marg
1 cup brown sugar
1 egg
1 cup plain flour
1 tsp baking powder
1/4 tsp salt
1/2 tsp soda
1 cup buttermilk
Rind and juice small orange
1 cup raisins
1 cup uncooked rolled oats.

Cream margerine, gradually add sugar. Cream thoroughly. Add egg. Beat till light and fluffy. Sift flour, soda, baking powder and salt. Add this to cream mixture alternately with buttermilk. Finely chop raisins, mix with rind and juice of orange. fold into batter. Add rolled oats, mix lightly until combined. Bake in greased 18 x 28cm lamington tin in mod. oven for 45-50 mins.

Joy Marchoni

To clean windows, sprinkle a pad made of newspaper with ammonia. Rub the inside of your windows with it and you will not be troubled with flies.

G. Forgie

WEET-BIX CHOCOLATE FINGERS

1 dsp cocoa
4 oz butter or marg
3 Weet-Bix
1 cup SR flour
3/4 cup brown sugar
2 tbls coconut

Melt butter. Crumble Weet-Bix. Add dry ingredients. Mix in butter. Press into a shallow tin. Bake in mod. oven 20 mins. Ice while hot with chocolate icing.

Elsie Yates

CARAMEL FINGERS

1/4 lb brown sugar
1/4 lb butter or marg
1 cup SR flour
3/4 cup dates
3/4 cup walnuts (or any nuts)
Pinch salt
1 egg

Melt butter and sugar in saucepan. Add egg and beat well. Add other ingredients and beat. Bake in mod. oven in shallow tin until golden brown. While hot cut into fingers.

Dulcie Edwards

TOFFEE CRUNCH SLICE

125g (4oz) butter or substitute
1/2 cup sugar
3 tbls honey
4 cups crushed cornflakes
1/2 cup coconut
1/2 cup chopped blanched almonds
1/2 cup sultanas

Put cornflakes, almonds, sultanas and coconut into a bowl. Put honey, sugar and butter into a saucepan, stir over low heat until sugar has dissolved. Bring to boil, reduce heat, simmer 3 mins or until mixture turns a caramel colour, remove from heat. Pour caramel mixture over cornflakes mixture, mix well. Press mixture into greased 11" x 7" tin. Cut into squares while still warm. Cool.

Ann Tranter

BUTTER TART SQUARES

1 1/2 cups flour
1/2 cup marg
1/4 cup brown sugar

Mix and press into 8" pan. Bake 15 mins. at 350°F.

Topping:

1/3 cup soft butter
2 tbls milk
1 tsp milk
1 tsp vanilla
1 cup brown sugar
1 beaten egg
1 tbls flour
1 cup raisins

Mix well. Spread over base. Return to oven 350°. Bake 20-30 mins until golden brown.

Isabella Davis

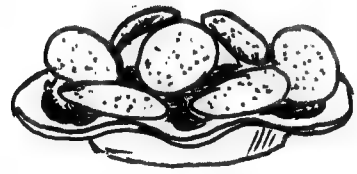
VANILLA CUSTARD SLICE

1 cup sugar
3/4 cup cornflour
1/2 cup custard powder
1 litre milk
60g butter
2 egg yolks
2 tsp vanilla

Take two 30cm sheets of frozen puff pastry and bake on slide till they brown slightly and puff. Place 1 slice on bottom of suitable square cake tin, trim if necessary. Set other aside.

Combine sugar, cornflour, custard powder and milk. Add butter and cook over medium heat till mixture boils and thickens. Remove from heat and stir in vanilla and egg. Immediately pour into tin. Place other pastry sheet on top. Cool and refrigerate. Ice with passionfruit icing and cut into 2" squares. Good for picnic dessert.

Sue Thorne



BISCUITS

FANCY CREAMS

1 1/2 cups SR flour
1 tbls honey or golden syrup
1/2 cup sugar
1 egg
2 tbls butter

Cream butter and sugar. Add honey, then egg. Fold in flour. Drop in spoonfuls on greased tray and bake till golden brown. When cold, ice top.

Kathleen Lobley

PEANUT COOKIES

1 cup SR flour
2 tbls butter
3/4 cup sugar
1 egg
1/4 cup peanuts

Put on cold slide and cook in fairly hot oven 10 mins.

Mary Fabian

SNOWBALLS

Make the night before required.

1 pkt malt thins (or other vanilla square wafers)
1 cup butter
1 cup sugar
2 egg yolks
1 cup walnuts, chopped finely
1 cup crushed pineapple, well drained.
2 egg whites
1/2 pint cream

Cream butter and sugar - add egg yolks and mix well. Add walnuts and pineapple. Fold in stiffly beaten egg whites. Spread thickly between biscuits, using 3 biscuits for each snowball. Let stand in refrigerator overnight. Two hours before serving, whip cream with a little icing sugar and cover cookies to resemble snowballs. Sprinkle with coconut, if desired. Return to refrigerator until ready to serve. Can be used as cookies for morning or afternoon tea or served with fruit as a dessert.

E. Daft

CHOKKY ROCKS

250g butter
1 cup sugar
2 eggs
1/2 tsp vanilla
2 cups SR flour
4 cups cornflakes
1 pkt Choc. bits
1/2 cup sultanas

Cream butter and sugar, add eggs one at a time and beat well. Add vanilla, fold through sifted flour, choc. bits and 2 cups cornflakes. Form into small balls and roll in remaining cornflakes. Bake in mod. oven 15-20 mins.

Lee Wyldes

PASSIONFRUIT CURRENT BITES

1 cup (185g) currants
185g butter, softened
1 cup sugar
4 eggs
3 1/2 cups plain flour
1/2 cup SR flour
6 passionfruit
1/2 cup sugar, extra

Place currants in bowl, cover with boiling water. Cover, stand 10 mins. Drain and dry the currants on absorbent paper. Cream butter and sugar in small bowl of electric mixer. Beat in eggs, one at a time, then stir in sifted flours, then passionfruit and currants. Drop level tbls of mixture onto lightly greased oven trays. Leave room for spreading. Flatten each biscuit with a knife, sprinkle with extra sugar. Bake in a mod. oven 15 mins. Cool on wire racks. Makes about 60.

Doris Pascoe

RAISIN CUSTARD BISCUITS

1 1/2 cups SR flour
2 tbls custard powder
2 tbls sugar
1 egg
4 oz butter.

Cream butter and sugar and add the beaten egg. Add sifted flour and custard powder. Roll out on board and cut into shapes. Place on greased tray and bake in mod. oven for 15 mins. When cool, join together with raisin filling:
3 oz raisins or dates
2 oz butter
5 tbls icing sugar
1/2 tsp vanilla

Beat well and join together.

Nancy Draper

OLD TIME BISCUITS

Beat to a cream 1 cup sugar and 1 cup margarine. Add 2 eggs, beat well. Then 2 dsp golden syrup with 1/4 cup milk. Add to mixture, then enough SR flour (2 1/2 cups) to make a stiff dough. Roll out as thin as possible. Cook mod. oven till golden brown. Let cool on tray.

JAM DROPS

E. Bennett

1/2 lb margarine
3/4 cup sugar

Cream well then add 2 beaten eggs, vanilla, salt and enough SR flour to make very stiff mixture. Roll into very small balls and press hole in centres. Add a little raspberry jam. Bake in mod. oven until golden.

E. Bennett

FANCY CREAMS BISCUITS

1 1/2 cups White Wings SR flour
1 tsp honey
1/2 cup sugar
1 egg
2 tbls butter
Pinch salt

Slightly melt butter and beat to cream with sugar and honey. Add egg. Sift flour and salt, making a firm dough. Cook till brown.

Colleen Yates

MONTE CARLO BISCUITS

1 dsp honey
1/2 cup sugar
1/2 cup butter
1 egg
2 cups plain flour
1 tsp bicarb. soda

Cream butter and sugar. Add eggs and beat. Add honey then add flour and soda together. Break off small pieces and roll into balls. Place on greased tray and press flat. Bake in mod. oven. When cold, ice top of biscuit or put together with icing and jam.

Colleen Yates

KIWI BISCUITS

125g margarine
2 tbls sugar
1/2 cup condensed milk
1 1/2 cups SR flour
75g dark chocolate

Cream butter and sugar until light and fluffy. Add condensed milk and mix well. Sift flour, gradually add to creamed mixture. Add grated chocolate and mix well. Roll mixtureinto small balls and place on greased oven trays. Press down lightly with a fork. Bake in mod. oven 10-15 mins or until golden brown.

P. Cullen

CHOCOLATE SNOWBALLS

1 tbls butter, (rounded tbls)
2 tbls sugar
1 dsp hot water
3 tbls SR flour
1 1/2 dsp cocoa
1 egg
Pinch salt
Vanilla essence

Cream butter and sugar. Add beaten egg. Then, sifted flour and cocoa, salt and vanilla essence. Add dsp hot water. Cook in gemirons in med. oven. When cold, fill with mock cream, roll in icing sugar.

Joy Marchoni

QUICK MIX BISCUITS

3/4 cup brown sugar
3/4 cup white sugar
1 1/2 cups SR flour
3 cups rolled oats
Pinch salt
3/4 cup sultanas

Mix all these ingredients together, then add:
2 well-beaten eggs
1 tsp carb. soda
8 oz melted margarine

Place spoonsful on tray and bake in mod. oven for 12-15 mins. Makes approx. 50.

Anne Hibberd

COCONUT BISCUITS

2 1/2 oz butter
2 1/2 oz sugar
5 oz plain flour
1 tsp baking powder
Pinch salt
1 1/2 oz coconut
1 egg

Cream butter and sugar. add egg and beat. Add sifted flour, baking powder and salt, then coconut. Place 1 tsp mixture on greased tin and cook in mod. oven 325°C 15-20 mins.

Mrs. N. J. Andrews

SHORT BISCUITS

1/4 lb butter
1/4 lb sugar
6 oz flour
2 oz rice flour
1 tsp baking powder
1 egg

Cream butter and sugar, beat in egg. When well mixed add flour and rice flour, in which baking powder has been blended. Vanilla if desired. Roll out very thin and cut with biscuit cutter. Bake in hot oven for 8 mins.

Betty Smith

SNICKENDOODLES

1/2 cup soft margarine
3/4 cup sugar
1 level tsp cream of tartar
1 1/2 cups plain flour
1/2 tsp carb. soda
1 egg
Pinch salt

Mix marg, egg and sugar thoroughly. Sift other ingredsients, add to mixture. Roll into walnut-size balls and roll in a mixture of 1 tbls sugar and 1 tsp cinnamon. Place 2" apart on ungreased baking sheet. Bake 8-10 mins. until browned in mod. oven.

Mrs. Lola Raithby

COCONUT MACAROONS

2 eggs, separated
Pinch salt
3/4 cup sugar
3 cups coconut

Beat egg white, salt til soft peaks form. Beat in yolks one at a time. Gradually add sugar, beating well after each addition; beat until sugar is dissolved. Stir in coconut, mix well. Spoon tsps of mixture on to foil-lined trays. Bake in mod. oven 15-20 mins. or until golden brown. Cool on trays. Makes about 45.

Dorothy Klenk

MEUSLI BISCUITS

2 cups muesli
3/4 cup sugar
1 cup SR flour
1 tbls golden syrup
111g butter
1 tbl hot water

Combine muesli, sugar and flour. Melt butter and syrup over low heat and stir into dry ingredients. Blend in 1 tbl hot water. Place a tsp of mixture on greased tray. Bake in oven at 150°C (300°F) till golden brown, about 20 mins.

E. Farrar

BISCUITS

1/4 lb shortening
1/2 cup sugar
2 cups SR flour
1 egg
Essence milk if needed
Milk if needed

Cream shortening and sugar. Add egg and beat well. Lastly flour. Roll out thin and cut to size. Put jam or coconut on top. Fruit may be added

Elsie Yates

SPICY FRUIT CRISPS

Makes approx 40:
1 cup SR flour
3/4 cup coconut
3/4 cup sugar
2 tsp mixed spice
60g butter or margarine
1 tbls golden syrup
1/4 tsp bicarb. soda
1 egg
1 cup cornflakes
1/2 cup currants

Place flour, coconut, sugar and mixed spice into bowl, process until combined. Combine butter and golden syrup, stir over a low heat until melted. Add soda, mix well. Add egg and melted butter mixture to dry ingredients in bowl, process until mixture is well combined. Add cornflakes and currants, mixing well together. Place tsps of mixture onto lightly greased oven trays, allowing room for spreading. Bake in mod. oven 15-20 mins or until pale golden brown. Leave on trays 5 mins. before cooling on a wire rack.

Shirley Schneider

APRICOT BISCUITS

Cream 4 oz margarine, 1 tsp grated lemon rind and 1/2 cup firmly packed brown sugar. Lightly mix in 1 1/2 cups SR flour and 2 tbls apricot jam. Drop small heaps on greased tray, leaving space to spread. Bake 8-10 mins. in mod. oven.

Margaret Kerney

SULTANA BISCUITS

3/4 cup sugar
1 cup SR flour
1/2 cup coconut
3/4 cup cornflakes, crushed
3 oz margarine
1 tbls syrup
1 egg
1/4 tsp carb. soda
1/4 tsp lemon essence
3 oz sultanas

Combine sifted flour, sugar, coconut, cornflakes, sultanas. Melt margarine and syrup over slow heat. Add beaten eggs, soda and essence to margarine and mix into dry ingredients. Cook mod. oven 20 mins.

Betty Smith

PEANUT BUTTER BISCUITS

4 oz margarine
1 egg
3/4 cup sugar
1 tbls peanut butter
1 1/2 cups SR flour
1 cup cornflakes

Cream butter and sugar. Add peanut butter then rest of ingredients. Beat well and fold in cornflakes. Spoon onto tray and press down with fork. Cook mod. oven. Will brown easily.

E. Bennett

COCONUT CUPIDS

60g marg
60g castor sugar
1 egg yolk
75g coconut
60g plain flour
Crystallised cherries

Beat butter to a soft cream and gradually beat in sugar. Add egg yolk, then sifted flour. Stir in coconut. Form mixture into little balls between dampened hands and put on greased tray. Press a piece of cherry on each biscuit. Bake in mod. oven about 10 mins.

P. Cullen

CHOCOLATE COOKIES

1/4 cup margarine
1/2 cup brown sugar
1 egg
1 cup SR flour
1/4 tsp salt
1 level tbls cocoa
2 tbls mixed nuts and coconut

Cream sugar and margarine, beat in egg. Mix in flour, salt and cocoa, nuts and coconut. Drop from tsp onto greased tray and bake at 190°C (375°F) electric or 180°C (350°F) gas for 10-12 mins. Cool on tray.

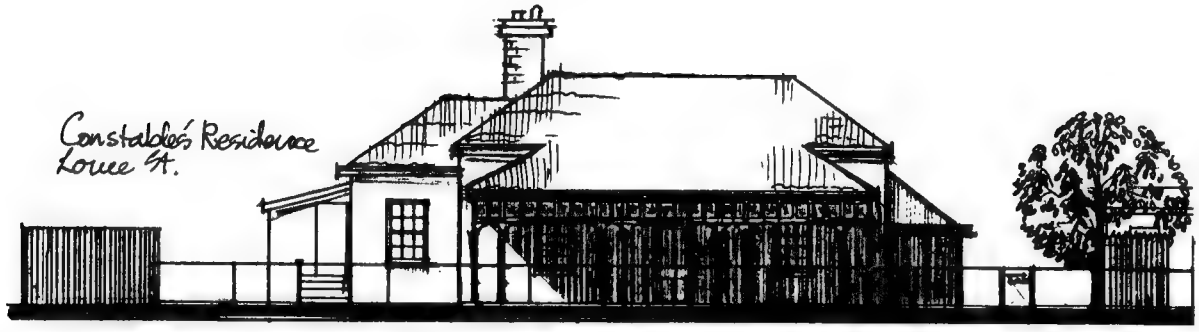
E. Farrar

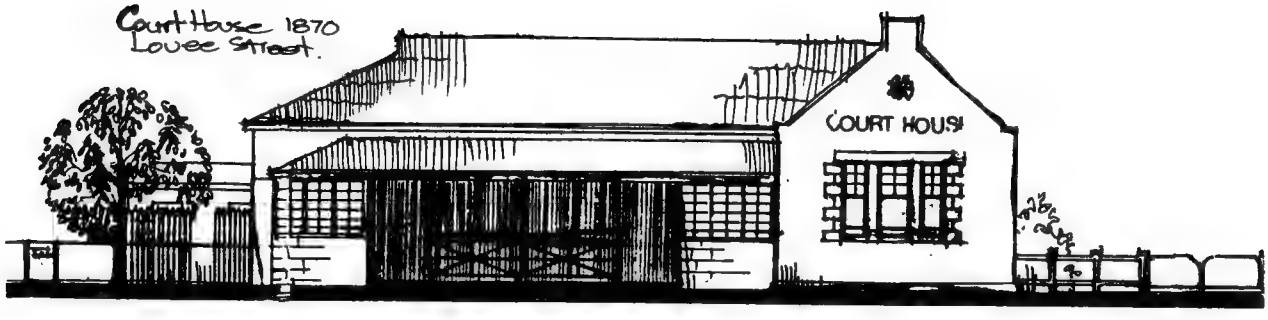
COCONUT BISCUITS

1/4 lb butter
3/4 cup sugar
1 tsp vanilla
1 egg
2 cups SR flour
2 oz coconut

Cream butter and sugar, add egg and vanilla, then flour and coconut. Put through a biscuits forcer or place by tsp full on a tray and bake in mod. oven till light brown

Colleen Willis





SCONES & LOAVES

BASIC SCONE RECIPE - with Variations

1 lb SR flour
1 level tsp salt
2oz butter
1 1/2 cup milk

Prepare a hot oven - 450°F. Sift flour and salt, and using fingertips rub butter into flour. Make well in centre and add milk all at once, stirring in flour, quickly and lightly, to a soft dough. Turn onto a lightly floured board and knead just enough to make a smooth surface. Roll to 1/2" thickness and cut into rounds, squares or triangles. Place on floured oven tray; glaze top with milk or beaten egg and milk. Bake in hot oven 10-15 mins. Makes about 20 average size scones.

Variations of plain scones:
Sweet scones: Add 2 level tbl sugar and 1 beaten egg to the above, using 1 tbl less milk.
Date Scones: Sift 2 level tsp cinnamon with flour. Add Add 1oz sugar and 4oz chopped dates before the milk.
Tea Party Scones: Cut scones with round cutter, 1" in diam., baking about 7 mins.
Cocktail Scones: Cut scones with small round cutter. When baked, cut in half and use as base for savouries. These scones are usually cheese-flavoured or well-seasoned with celery salt and cayenne.
Raisin Scones: Sift 1 level tsp ground nutmeg with flour and add 4oz chopped seeded raisins. Sultanas could replace raisins if preferred.

Wholemeal Honey Scones: Use half white and half wholemeal SR flour. Add 1 egg and 2 tbls honey in mixing. The grated rind of an orange may be added.
Cheese Scones: Sift 1/4 level tsp cayenne with the flour and add 3/4 cup grated cheese before adding milk. An egg may be added.
Cheese and Onion Scones: Add 1 level dsp finely chopped onion to the ch[illegible]-scone mixture.
Celery Scones: Add 1 level tsp celery salt (*omitting* plain salt), 1 small chopped onion.
Butterscotch Rolls: Roll scone mixture to an oblong roll 1/4" thick. Spread with 4 oz butter creamed with 4 oz brown sugar. Roll lengthwise and cut into 1" slices. Bake on a greased oven tray in a hot oven (425°F) for 15 to 20 mins. Serve hot.

Orange Marmalade Rolls: As for Butterscotch Rolls, substituting orange mrmalaade for butter and sugar mixture.
Salted Peanut Scones: Sift 1 tsp celery salt and 1/4 level tsp cayenne pepper with flour. Use an egg in mixing. Brush with milk and sprinkle with finely chopped pennuts before baking. Half a cup of chopped nuts may be added before adding liquid to flour.
Apple Scone Dowdy: Place about 2 cups sweetened apple pulp in greased 8" sandwich tin. Make half scone mixture, press to 8" round, cut into 8 wedges and place over apple. Sprinkle with sugar and cinnamon and bake in a hot oven (450°F) for 20 to 30 mins. Turn out with apple on top. Serve hot and freshly made.
Hot Mornay Scone: Make up half the scone mixture, adding 1 egg and 3/4 cup grated cheese. Bake in round of 6 wedges fitted together. Split while hot and fill with hot diced vegetables, fish or chicken in a creamy sauce. Serve hot and freshly made.
Beef Ubside Down Scone: Place about 8 oz finely chopped beef in 3/4 cup of brown gravy in a greaseed oven dish (or sandwich tin). Cover with wafer-sliced onion and then half the basic scone mixture. Bake in hot oven(450°F) for about 30 mins. Turn out, meat on top, sprinkle with chopped parsley and serve hot.
Casserole Scones: Make well-seasoned scones, cutting into small shapes, place on top of fricasse or haricot of meat in casserole. *Do not cover.* Bake, allowing 20 to 30 mins, according to heat of oven.
Steamed Pan Scones: Place scone dough, pressed to correct shape over sweet or savoury mixture (such as hot stewed rhubarb, or other fruit, or minced meat in sauce or gravy) in saucepan. Cover tightly. Cook 30 to 40 mins. Alternatively, scone dough can be cut and used as dumplings.
Candied Pan Scones: Make about 1/4 basic scone mixture and roll into balls about size of large walnut. Heat in saucepan 1 cup honey or golden syrup, 1 tsp grated lemon rind, 2 tbls lemon juice, 2 tbls water and 1 tbls

butter. Drop scones into mixture. Cover tightly. Cook over low heat (use asbestos mat if necessary) for about 20 mins. Serve hot as dinner sweet, using syrup as a sauce,

Coffee Rolls: Add 2 oz sugar and 2 eggs in mixing, using proportionately less milk. Roll into 1/4" thickness cut in rounds, moisten tops and fold in halves. Glaze and bake. May be flavoured with 1 tsp vanilla essence or grated orange or lemon rind. Serve with hot coffee for morning or afternoon refreshment.

French Scone or Tea Cake:

1 egg, 1/2 cup sugar, 1/2 cup milk, 1/2 tsp vanilla essence, 1 cup SR flour, 1 tbls melted butter. Separate yolk from white of egg. Beat white stiffly, whisk in a sugar gradually and the egg yolk. Stir in milk and essence. Stir in sifted flour and then melted butter. Turn out into greased 7" sandwich tin and cook in a mod. oven (370°F) for 20-25 mins. While hot, brush with hot butter and sprinkle with cinnamon. Serve with butter or preserve, hot or cold.

Gem Scones: 8 oz SR flour, 2 oz butter, 2 oz sugar, 1 egg, 1 cup milk.Flavouring such as essence or 1 level tsp grated orange or lemon rind. Pre-heat heavy gem irone in oven. Cream butter and sugar. Beat in egg and flavouring then stir in sifted flour, altarnately with the milk. Drop 1/4 tsp butter or substitute into each gem iron, two-thirds fill with scone batter and cook in fairly hot oven (400°F) for 10 to 15 mins. Makes about 2 doz.

Phyl Jones

DATE LOAF

1 cup chopped dates
1 scant cup lightly packed brown sugar
60g marg
1 cup boiling water
1 3/4 cup S.R. flour
1 level tsp carb soda
2 tsp vanilla

Put dates, sugar in a mixing bowl. Slice in marg so that it will melt quickly. Pour over boiling water, stir until marg has melted. Add sifted flour, soda, beat well. Flavour with vanilla. Bake in a mod. oven 35-40 mins. When cold cut into thick slices and spread with butter. This loaf keeps moist and tender for about a week.

Heather Hinton

SCONES

350g S.R. flour
3 dsp icing sugar
3 tbl marg
1 1/2 tsp salt
1 1/2 cups milk

Sift dry ingreds. Rub in softened butter. Dissolve salt in water and add to tepid milk. This mixture is very soft. Tip onto a well-floured board. Push into shape. Cut with a scone cutter. Makes approx. 18-20.

PLAIN SCONES

S.R. flour, milk, butter and salt

To every heaped cup S.R. flour, add a good cup of milk, 1 dsp butter and a pinch salt.

Delma Poole

PUMPKIN SCONES (FLO STYLE)

1 tbl butter
1/2 cup sugar
1/4 tsp salt
1 egg
1 cup mashed pumpkin
2 cup S.R. flour

Beat all ingreds. except flour in electric beater, adding pumpkin gradually. Fold in flour by hand. Shape into balls and put on greased tray. Place in hot oven 250°C. Cook 15-20 mins.

Nell Munn

EMERGENCY BUN LOAF

During World War 11 the Ministry of Food in U.K. developed recipes to make the most of scarce supplies. This is good today and freezes well.

Sift 2 cups S.R. flour. Add 2 tbl golden syrup and 1 tbl marmalade, 2 tbl sultanas or mixed peel, 2/3 cup milk or water and mix well. Spoon into greased loaf tin and bake in mod. oven 45-60 mins. or until cooked. Wrap in a tea towel while hot and leave until next day before slicing. Enjoy plain or buttered.

Myrtle Tranter

QUICK MIX CURRANT LOAF

(GREAT FOR LOW CHOLESTEROL DIETERS AND THOSE ALLERGIC TO DAIRY PRODUCTS)

Soak 1 cup currants and a little over 1/2 cup brown sugar in 1 large mug strong black tea, for minimum of 2 hrs (or soak overnight). Then add: 2 cups SR flour and 1 tsp salt sifted. Pour into greased bread tin and bake in a mod. oven 1 hour or until golden brown. Slice and serve buttered or with margarine.

Tracy Clarke

ORANGE NUT LOAF

Sift into a large mixing bowl:
2 1/4 cups SR flour
1/4 tsp carb. soda
1/2 tsp salt
3/4 cup sugar

Add:
3/4 cup chopped nuts
2 dsp salad oil
1 beaten egg
3/4 cup orange juice
1 dsp grated orange rind

Stir until mixture is dampened but not smooth, pour into greased pan and bake in mod. oven(350°) for 60-70 mins. Top may be covered loosely with piece of foil for **first** 20 mins so the top won't crack.

Betty Smith

HONEY BAR

250g S.R. flour
100g brown sugar
Salt
100g honey
3/4 cup milk
Spices
2 level tsp cinnamon
1 1/8 tsp cloves
1/2 tsp nutmeg

Sift S.R. flour and brown sugar with salt and spices into a bowl. Add honey and milk and mix well. Put in bar cake tin and cover with glad bake paper. Put tin in mod. oven and bake for 1 hour. When cake is cold, slice and butter.

Mrs. H. Spannenberg

DATE LOAF

1 cup chopped dates
1/2 tsp carb soda
1/2 cup brown sugar
30g butter
1 cup hot water
1 egg
1 1/2 cups S.R. flour
2 tsp cocoa

Place dates, sugar, soda and butter in bowl. Cover with hot water and leave until cool. Add beaten egg and flour sifted with cocoa. Divide mixture into well greased loaf tins. Bake in mod. oven 30-35 mins. Cool thoroughly.

Vi Cotter

MOIST ORANGE AND RAISIN LOAF

1 1/2 cups chopped raisins
1 1/2 cups water
1 cup sugar
1 tbl butter
Grated rind 1 orange
1/4 cup orange juice
1/2 tsp vanilla
1 egg
2 1/2 cups SR flour
Pinch salt

Combine in saucepan raisins, water, sugar and butter. Stir over low heat until mixture boils; BOIL 2 mins. Remove from heat, stir in orange rind and juice and vanilla. Set aside to cool. Beat eff well, stir into cooled mixture. Sift together flour and salt, add to mixture gradually; beat until smooth. Turn mixture into greased and lined 8 x 4" loaf tin. Bake in mod. oven 1 1/2 hours or until cooked when tested with a skewer.

Mrs. B. Yates

SHORTBREAD

10oz plain flour
8oz butter
4oz sugar

Blend together until smooth dough. Press into spring-form pan. Cook 1 hour in slow oven. Decorate with nuts or choc chips before cooking.

Hanneke Hawkins

FRUIT LOAF (BROWN BETTY)

3/4 cup raw sugar
1 tsp mixed spice
1 cup dried fruit
1 cup milk and water mixed
2 cups S.R. flour or 1 3/4 cup S.R. flour and 1/4cup wheatgerm
Salt
2 tbl butter
Coconut

Grease and line 9 x 5" loaf tin. Heat oven to 400°F or 200°C. Mix sugar, spice, fruit, milk and water in small bowl. Sift flour and salt into large bowl and rub in butter. Add contents of small bowl to flour mixture and mix to a fairly wet consistency. Turn into baking tin and sprinkle liberally with coconut. Bake 35-45 mins.Remove from oven and leave to cool in cake tin for 1 hour. Slice and butter.
Variations:
1. Substitute for mixed fruit and spice, 1 cup chopped dates, 1 heaped tsp ginger.
2. Instead of sprinkling top with coconut, before cooking rub top with knob of butter and sprinkle with a mixture of sugar and cinnamon, while still hot after taking loaf out of oven.

J. Evans

STEAMED NUT LOAF

2 cup All-Bran
2 cup milk
2 dsp golden syrup
1/2 cup chopped walnuts
2 cup plain flour
1 cup sugar
1 cup mixed fruit
2 tsp carb soda

Combine All-Bran, syrup, sugar and milk. Let stand overnight. Add remaining ingreds. and mix well. Steam 1 1/2-1 3/4 hours in 4 small soup tins, well greased and covered with foil. Fill tin 3/4 full.

Denise Groth

SHEARING SMOKO FAVOURITE BUN

Boil 2 cups water, 2 cups sugar, 2 cups sultanas or mixed fruit, pinch salt, 2 tbl butter. Let cool. Add sifted 4 cups plain flour, 1 tsp each of cinnamon, spice, nutmeg and carb soda. Bake in medium oven for about 1 1/2 hours. For a more moist bun, add a little more water.

Helen Knox

ALMOND SULTANA BREAD

3 cup flour
3 tsp baking powder
185g butter
3/4 cup castor sugar
1 cup sultanas
1/2 cup chopped almonds
Grated rind 1 lemon
3 eggs
1 tsp vanilla
About 1/2 cup milk

Sift flour and baking powder into large mixing bowl. Rub in butter with fingertips, then add sugar, sultanas, almonds and lemon rind. Make a well in centre. Lightly mix eggs and vanilla and pour into well. Mix with fork to a soft dough, adding milk as necessary. Spoon into a greased and lined 9 x 5" loaf tin, spreading evenly. Bake in mod. oven for 1 1/2 hours. Reduce heat to mod. slow after baking for 1 hour if loaf is getting too brown. When baked a skewer inserted in centre will come out clean. Allow to cool in tin about 5 mins. before turning out.

Joy Marchoni

POTATO LOAF

1/2 cup mashed potato
1/2 cup sugar
1 cup mixed fruit
1/2 cup milk
1 1/4 cups S.R. flour
Salt

Mix potato and sugar to liquid. Add milk and flour then mixed fruit. Bake in loaf tin in mod. oven 30 mins.

Joan Sharrock

TEA CAKE

8oz S.R. flour
1 tsp salt
2 tbl butter or marg
4 tbl sugar
1 egg
1/2 cup milk

Sift flour and salt, rub in shortening. Add sugar. Mix to a dough with beaten egg and milk. Add vanilla as desired. Bake in mod. oven 425° electric for 30 mins. While hot brush top with sugar.

Betty Smith

OAT NUT BREAD

1 egg
1/3 cup firmly packed brown sugar
2 tbl golden syrup
1 1/4 cup buttermilk
125g melted butter
2/3 cup rolled oats
1 cup wholemeal flour
2 tsp baking powder
3/4 tsp salt
3/4 tsp carb soda
1/2 cup sultanas
1/2 cup chopped walnuts

Beat egg in bowl, add sugar, syrup, buttermilk, butter and rolled oats and mix until well combined. Let stand for 5 mins. Sift together flour, baking powder, salt and carb soda and fold into oat mixture. Stir in sultanas and nuts lightly. Turn into greased and lined 8 1/2 x 4 1/2 loaf tin and spread the batter evenly. Bake in a mod. oven for 1 hour or until skewer inserted into loaf comes out clean. Cool on wire rack.

Joy Marchoni

FRESH LEMON LOAF

4oz butter
1 cup castor sugar
2 eggs
1 cup S.R. flour
1/2 cup plain flour
1/2 cup milk
1/2 TSP SALT
1/4 cup chopped almonds
Grated rind and juice 1 lge lemon
1/4 cup extra castor sugar

Cream butter well, add sugar and beat again. Add eggs one at a time, beat well after each addition. Sift flour abd salt, addalternately with nuts and lemon rind. Pour into greased 9 x 5 loaf tin and bake in mod. oven 40-45 mins. Mix lemon juice with extra sugar and stir until sugar dissolves. When cake is cooked and hot from the oven, pour over the lemon mixture. Leave to cool in tin.

Jenny Mort

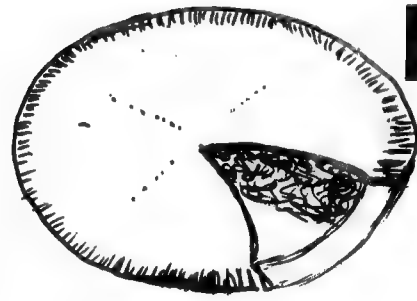
SULTANA NUT ROLL

1oz butter
1 egg
1 cup flour
1 tsp baking powder
Pinch salt
1/2 cup honey at room temp.
1/4 cup milk
1/2 cup chopped nuts
1/2 cup sultanas

Cream butter and honey well. Add egg and beat well. Sift together flour, salt and baking powder, stir into creamed butter mixture alternately with the milk. Lastly fold in walnuts and sultanas. Place in greased cylinder-shaped nut loaf tin, leaving top off and bake in mod. oven about 50 mins. Cool in tin 15 mins. then turn out. Serve sliced with butter.

M. Besant

PASTRY



PIZZA

1/4 cup warm water
1 sachet dry yeast
1/2 tsp salt
1/4 tsp oregano
2 cups plain wholemeal flour

Place warm water in mixing bowl. Add all ingredients, except flour. Stir until yeast is dissolved, then add flour. Allow to stand 1/2 hour to allow to rise. Roll out to required size.

Filling.
3 medium tomatoes
2 medium onions
1 large capsicum
1/2 lb zucchinis
1/2 lb mushrooms
2 tbls tomato soup mix
1/2 roll small salami
2 cups grated cheese

Slice vegetables and salami thinly. Cover pastry with tomato soup mix, then cover with slices of tomato, salami, onion, capsicum, zucchini and mushrooms. Cover with half of grated cheese, sprinkle with parmesan and lightly sprinkle with paprika. Cook 1 hour in mod. oven.

Carol Rogers

ZUCCHINI SLICE

375g (12 oz) zucchini
1 large onion
3 rashers bacon
1 cup grated cheddar cheese
1 cup SR flour
1/2 cup oil
5 eggs
Salt and pepper

Trim ends from zucchini, leave unpeeled, grate coarsely, chop onion finely, chop bacon finely. Combine zucchini, onion, bacon, grated cheese, sifted flour, oil and lightly beaten eggs, season with salt and pepper. Pour into a greased 11" x 7" casserole dish or lamington tin. Bake in a moderate oven 30 to 40 mins. or until set and brown. Cut into slices and serve with any grilled meats or BBQ.

Yvonne Colless

IMPOSSIBLE PIE (Dessert)

4 eggs
1/2 cup margarine
1/2 cup plain flour
2 cups milk
1 cup sugar
1 cup coconut
2 tsp vanilla essence

Blend all ingredients, pour into 25cm or 10" greased pie plate. Bake at 180°C or 350°F for 1 hour or until set in centre and firm. The flour settles to form the crust, coconut forms a topping and the center is an egg custard filling.

Enid Blackbourn

BANANA LEMON CHIFFON PIE

1 baked pastry case (cooled)
1 dsp gelatine
1/4 cup cold water
3 eggs
1 cup sugar
Juice and rind (grated) of 1 lemon
2 bananas
Pinch salt

Soften gelatine in cold water. Combine egg yolks with lemon juice, grated rind, salt and 1/2 cup sugar. Cook over boiling water, stirring constantly; add gelatine and water, stirring until dissolved. Cool slightly and when mixture begins to thicken, add egg whites, which have been whipped with remaining sugar. Add sliced banana then turn into baked pastry case and chill until firm. decorate with 2nd banana. Serve chilled with ice cream

Heather Dowell

QUICHE LORRAINE (Egg and Bacon Pie)

Pastry:
2 cups SR flour
4 oz margarine
4 tbls cold water
Squeeze lemon juice

Sift flour, rub in margarine. Add water and lemon juice, mix with knife, may need little more water. Turn onto floured board and knead lightly. Roll out and line 9" flan tin. Set aside.

Filling:
4-6 slices tasty cheese
3-4 rashers bacon, cut into pieces
1 tbls parsley (optional)
2 eggs
3/4 cup cream
1 small onion, diced
Pepper

Lightly fry bacon and onion. Beat eggs until combined then beat in cream and add pepper. Layer bacon and onion with cheese on base of flan, then carefully pour in egg and cream mixture. Sprinkle parsley over top. Bake in a mod. oven for about 30 mins.

Heather Dowell

CHEESE TART

Pastry:
2 cups SR flour
1/2 cup margarine
6 tbls water.

Rub flour and margarine together. Add water. Roll to size - large or small.

Filling:
1 cup cake crumbs
2 egg whites
1/4 cup apricot jam
1 cup coconut
1/2 cup sugar

Spread jam on pie case. Beat whites till peak. Add sugar gradually. Fold in crumbs and coconut. Spread over the jam. Bake in Mod. oven 20 mins. or until golden brown.

Joan Harris

2 EASY QUICHES WITH CREAM CHEESE PASTRY

Cream Cheese Pastry:
4 oz packaged cream cheese
4 oz butter or margarine
1 cup plain flour

Cream butter and cheese together, add sifted flour, combine into a small ball. Wrap in waxed paper, refrigerate 1 hour. Press out to fit deep 9" pie plate or 9" flan dish. Refrigerate while preparing filling.

Fillings.

1. Onion Quiche:
1 lb onions
1 1/2 oz butter
4 oz grated cheese
2 eggs
1 cup milk (or cream if preferred)
1/4 tsp nutmeg
Salt, pepper

Peel onions, slice thinly and saute in butter till transparent. Scatter grated cheese over pastry, arrange sauteed onions over. Combine beaten eggs, milk, salt, etc., pour over cheese and onions. Sprinkle more grated cheese on top. Bake in hot oven 10 mins., reduce heat to moderate and cook a further 30 mins, or until set.

2. Salmon Quiche:
220-240g can salmon
4 rashers bacon
1/2 pint cream
3 eggs
1/2 tsp salt
1/2 tsp paprika
1 tbls chopped parsley

Drain salmon, reserving liquid; flake salmon. Dice bacon, fry gently until crisp, drain. Beat together cream, eggs, salt, paprika, parsley and reserved liquid. Put salmon and bacon in base of pie shell, carefully pour egg mixture over. Bake in hot oven 10 mins., reduce heat to moderate, cook further 30 mins or until set.

J. Evans

PINEAPPLE CREAM TART

1 1/4 cups plain flour
1/4 cup sugar
1/2 tsp cinnamon
90g (3 oz) butter or substitute
60g (2 oz) walnuts
1 egg yolk
2 tbls water
450g can pineapple slices.

Filling:
185g (6 oz) packaged cream cheese
1/2 cup sugar
1/2 tsp vanilla
1/2 tsp grated orange rind
1 egg
1 tbls orange juice
1 tbls sweet sherry
1/3 cup cream

Sift flour, sugar and cinnamon into bowl. Rub in butter until mixture resembles fine breadcrumbs. Add finely chopped walnuts, mix until combined. Add egg yolk and water, mix well. Turn out on lightly floured board, knead lightly. Roll out to fit greased 23cm (9") flan tin. Cut round of paper approx. the same size as flan tin, gently press paper over base of pastry making sure paper comes up sides of tin. Sprinkle approx. 1 1/2 cups of uncooked rice or dried beans over paper. Bake in hot oven 5 mins. Remove rice and paper, bake further 5-10 mins. Cool Pour cream cheese filling over pastry, arrange well-drained pineapple slices on top. Bake in mod. oven 1 hour or until set. Remove from oven, carefully spoon glaze evenly over filling.

Filling: Cream together cream cheese, sugar, vanilla and orange rind until light and fluffy. Add egg, beat well. Beat in orange juice and sherry, add cream, beat well.

Glaze: Put 1/2 cup apricot jam and 1 tbls sweet sherry in saucepan, Stir over low heat until jam has melted. Push jam through fine sieve. Cool slightly.

Judy Brown

QUICK ZUCCHINI QUICHE

5 small zucchini (or as much spinach as needed)
1 small onion
1 clove garlic
4 eggs
300ml cream
3 tbls grated Parmesan cheese
1 cup grated cheddar cheese
1 tbls SR flour
Salt and pepper
1 large tomato (optional)

Combine coarsely grated unpeeled zucchini or spinach, chopped onion and crushed garlic, add lightly beaten eggs, cream, cheeses and flour, mix well. Season with salt and pepper. Spoon over crust in flan - top with sliced tomato.

Rich Short Crust Pastry (for Quiche):
1 1/2 cups plain flour
125g butter
1 egg yolk
1 tbls lemon juice (approx.)

Rub coarsely grated butter into sifted flour, add egg yolk and enough lemon juice to mix to firm dough, cover and refrigerate 1/2 hour. Roll pastry to fit 25cm flan dish. Refrigerate 30 mins. Place sheet greaseproof on pastry, fill with dried beans. Bake in mod. oven 10 mins. Remove paper and bake further 5-10 mins. Cool. Fill with zucchini mixture and cook 30 mins.

Louise McPherson

DATE CREAM TART

2 tbls butter
2 tbls flour
2 eggs
2 cups milk
1/2 tsp salt
1/2 cup sugar
1 cup dates

Finely chop dates. Make a white sauce of the flour, butter and milk; add the salt, sugar and dates. Simmer until cooked. Beat in the yolks of the eggs and pour into a tart plate lined with pastry. Bake until brown - whip the whites of the eggs with a little sugar until stiff. Pile on top of tart and lightly brown. Serve with whipped cream and flavoured with vanilla.

Betty Thompson

QUICHE FLAN

Pastry:
1/2 cup butter
3 tbls water
1 1/2 cups plain flour
1/4 tsp baking powder

Filling:
4 rashers bacon
2 eggs and 2 yolks
1/2 cup milk
3/4 cup cream
Pinch salt
Nutmeg
1/3 cup grated cheese

Pastry: Cream butter, add water slowly while beating mix in dry ingredients. Chill 1/2 hour. Roll to thinly line flan tin. Blend in mod. oven approx. 15 mins.
Filling: Fry chopped bacon (I put onion too), drain and spoon into pastry. Beat together eggs, milk, cream and seasoning. Mix in cheese. Pour over bacon. Bake barely mod. oven approx. 40 mins.

Betty Martin

CREAMY ONION AND CHEESE SLICE

2 cups SR flour
1/ tsp salt
Pinch cayenne pepper
30g butter or margarine
1 cup grated tasty cheese
3/4 cup milk
2 large onions
2 cloves garlic
60g butter or margarine, extra
300ml carton sour cream
200g pkt potato crisps

Sift flour, salt and pepper into bowl, rub in butter. Stir in quarter of the cheese and all of the milk. Spread evenly over base of well-greased baking dish (base measures 25cm x 31cm). Slice onions, add to extra hot butter in pan with crushed garlic. Cook without browning until onion is transparent. Stir in sour cream, spread into baking dish, sprinkle with remaining cheese, then crushed potato crisps. Bake in hot oven 30 mins. or until well browned. Is ideal for a barbecue, for lunch or just a snack.

Judy Brown

CUSTARD TART

Pastry:
4 oz plain flour
1/2 tsp baking powder
2 oz butter or margarine
1 tbls sugar
1 egg yolk
1 dsp water
1/2 tsp vanilla

Custard:
1/2 pint milk
2 eggs
1 tbls sugar
Vanilla and nutmeg

Beat butter and sugar to a cream. Add egg yolk, vanilla and water. Sift in flour and baking powder. Turn onto floured board. Knead lightly and fit into tin. Brush with egg white. Beat eggs and sugar and pour slowly into case. Cook in hot oven for 10 mins and reduce heat and cook further 20 to 25 mins. A never-fail recipe.

G. Lloyd

QUICHE MAGNIFIQUE

250g prepared short crust pastry
1 pkt "Creamy Onion Soup"
1 cup cream
1 cup milk
3 eggs

Roll out pastry and line a 20cm (8") pie plate. Combine Creamy Onion Soup, cream, milk and eggs. Beat well. Pour into pie crust and bake in a hot oven 200° to 220°C or 400° to 425°F for 10 mins. and reduce to a moderate heat 180° to 190°C or 350° to 375°F for a further 20 mins.

Bill Blackbourn

TOMATO PIE

Layer of cooked tomatoes (or raw) placed in a casserole dish, a layer of cooked onions, pepper and salt, sugar. Sprinkle with fresh breadcrumbs, daubs of butter. Bake in a moderate oven till golden brown.

Madge McPhee

CHEESE AND SPINACH PIE

1/2 to 1 bunch spinach pre-cooked and drained of water and chopped roughly
1 can evaporated milk
4 eggs
1 medium onion, chopped
Garlic fresh or salt
1 1/2 cups grated cheese - cheddar.

In a bowl mix together all of above ingredients with a wooden spoon. Line a greased deep pie or Corningware dish with puff pastry. Add mixture and top with pastry. Brush lid with milk and place in hot oven for 45 mins. (Before serving check that mixture has set).

Tracy Clarke

ZUCCINI SLICE - SAVOURY

375g zucchini
1 large onion
3 rashers bacon
1 cup grated cheese
1 cup SR flour
1/2 cup oil
5 eggs
Salt and pepper

Grate zucchini. Chop onion and bacon. Place in mixing bowl with grated cheese. Add oil, salt and pepper, lightly beaten eggs and flour. Mix well by hand. Pour into greased pie dish and cook in mod. oven for about 40 mins. or until brown.

Pat Hamilton

CRUSTLESS QUICHE

3 eggs
125 ml cream
250g mozarella cheese
Ham pieces
1 bunch spinach

Squeeze moisture out of cooked spinach and place in bottom of pie plate. Combine eggs, cheese and ham and place on top of spinach. Bake gently until risen.

Suzanna Coller

PIZZA (Ham and Pineapple)

Base:
1 cup SR flour
Pinch salt
1/2 tbls margarine
1/2 cup milk

Sift flour and salt into bowl. Rub in margarine. Add enough milk to make a soft dough, do not add all the milk if not necessary. Sprinkle board with flour. Knead dough gently. Roll out.

Filling:
1/2 cup pineapple
1 rasher bacon 1 cup grated cheese
1/2 onion 1/2 stick cabanossi
1 sachet tomato paste
1/2 stick cabanossi

Place dough on greased trays.Slice onion and bacon. Brown in frypan. Spread tomato paste over base. Slice cabanossi. Spread cabanossi, bacon, pineapple and onion over base. Sprinkle cheese on top. Cook at 200°C for approx. 20 mins until cheese is melted.

Paula Ford

ELSIE MILLER'S PASTRY

Melt 4 oz margarine in 5 tbls warm milk (not very hot), pinch of salt or sugar according to use.Cut in 2 cups of SR flour with a knife. Easy and good - but better for pressing into a tin than for rolling.

Anne Currie

COCOANUT KISSES

Filling: Mix together:
3/4 cup sugar
1 large egg
1 cup dessicated cocoanut
Paste: Mix together:
1 1/2 cups flour
3/4 cup butter
1/2 cup sugar
1 1/2 tsp baking powder

Mix paste materials with milk and roll. Cut thin, put in patty tins. Add a daub of jam before putting in filling. Bake in a moderate oven.

Jenny North

GRAMMA PIE

1 medium gramma
Juice of 6 lemons
1 cup sugar
2 tsp allspice

Peel and cook gramma (as pumpkin), drain and mash. Add lemon juice, sugar and allspice. Mix well. It is now ready for filling.

Sweet Pastry for Pie:
2 large tbls margarine
1 cup sugar
2 eggs
2 cups SR flour
1/3 cup plain flour

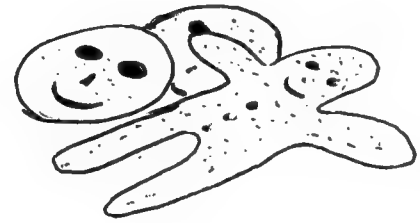
Cream butter and sugar. Add eggs and cream again. Add sieved flour a little at a time. Roll 2/3 pastry on floured greaseproof paper. Line a large pie plate with pastry. Add gramma mixture and cover with 1/3 pastry left. Bake in hot 350° oven for 1/2 hour or until golden brown.

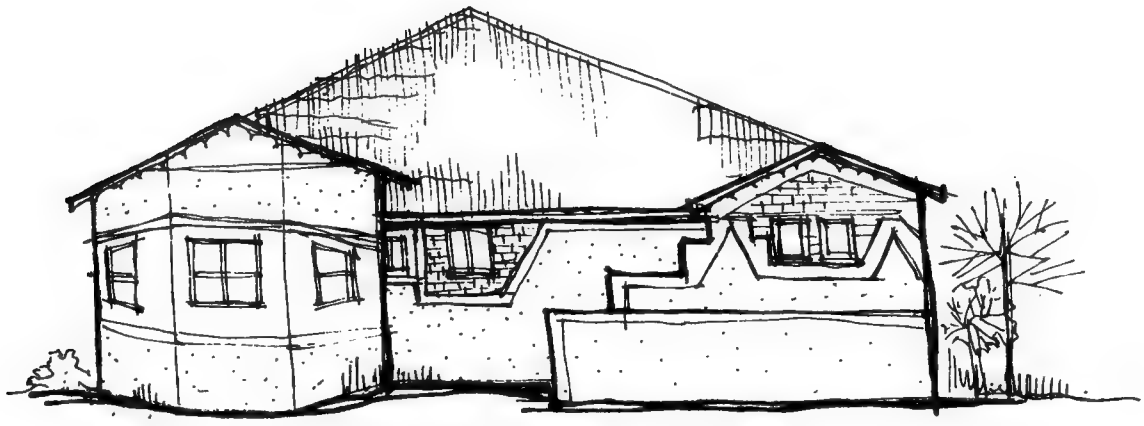
Pat Priestly

TART CASES

Mix 1/2 lb butter and AND 4 cups plain flour together. Boil1/2 cup milk, 1 cup sugar. When boiled add 1 tsp carb. soda. When cooled add butter and flour mixture. Roll out very thin and bake to light brown. These cases will store well in an airtight jar which has good sealing.

Jean Clarkson





Roughcast cottage in Rogers Street, Kandos.

AFTER DINNER NIBBLES

FUDGE BROWNIES

2 eggs
3/4 cup sugar
1/4 tsp vanilla
1/4 tsp salt
60g (2 oz) dark chocolate
90g (3 oz) butter or margarine
2/3 cup plain flour
1/3 cup sultanas
1/3 cup walnuts
Icing:
1 cup icing sugar
2 tbls cocoa
30g (1 oz) butter
3 tbls hot water

Icing: Sift icing sugar and cocoa into a mixing bowl, add the melted butter and hot water, mix until icing is smooth and glossy.

Brownies: Place eggs, salt and vanilla in a small mixing bowl. Beat with an egg whisk, wooden spoon or rotary beater until mixture is light and fluffy. To get the best results with Brownies - so that they are soft and slightly chewy it is important that after this step all other ingredients are added quickly and mixed as little as possible.

Place chopped chocolate and butter in top half of a double saucepan. Place pan over hot, but not boiling water, stir until butter and chocolate are melted and combined. Finely chop walnuts and sultanas. Add sifted flour to chocolate mixture, stir well with a metal spoon until all flour has been thoroughly incorporated. Add walnuts and sultanas, stir until combined.

Pour mixture into greased, paper-lined deep 20cm square dish. Bake in mod. oven until cooked when tested. Remove from oven, allow to cool in tin. Turn out of tin, remove paper from base. Ice top with chocolate icing, allowing icing to set. Cut into squares approx. 5cm x 5cm.

A. J. Andrews

FRIDGE BISCUITS

9 Weet-Bix, crushed
1 cup coconut
1 tin condensed milk
1 tbls cocoa
1 cup mixed fruit

Mix dry ingredients, pour over condensed milk, mix well. Roll into balls, flatten, then coat in coconut. Refrigerate.

Audrey Day

CHOCOLATE COCONUT SLICE

Base:
185g chopped butter
100g dark cooking chocolate
1 egg
1 cup coconut
250g pkt wheatmeal biscuits, crumbed
3/4 cup chopped Pecan nuts or walnuts

Filling:
60g butter
2 cups icing sugar
2 tbls custard powder
3 tbls milk
1 tsp vanilla
2/3 tsp rum - to taste

Topping:
50g dark cooking chocolate
2 tsp butter

Melt butter and chocolate over hot water. Remove from heat. Stir in slightly beaten egg, biscuits, coconut and nuts. Press firmly in base of lightly greased lamington tin or 10" cake tin. Refrigerate.

Filling: Cream butter with icing sugar and custard powder, beat in milk, vanilla and rum. Spread over base evenly.

Topping: Melt butter and chocolate over hot water. Cool to lukewarm before drizzling over cold filling.

Sue Thorne

COFFEE WALNUT SLICE

Base:
1 cup SR flour
1 cup coconut
1 cup brown sugar, lightly packed
125g (4 oz) butter or substitute

Filling:
400g can condensed milk
30g (1 oz) butter or substitute
2 tbls golden syrup
1 tbls instant coffee powder
60g (2 oz) walnuts, chopped

Topping:
155g (5 oz) dark chocolate
30g (1 oz) white vegetable shortening

Base: Sift flour into bowl, stir in coconut and brown sugar, mix well. Melt butter in pan, add to dry ingredients. Mix well. Press mixture into greased lamington tin. Bake in mod. oven 15 mins. Remove from oven and pour prepared coffee filling over. Return to oven for further 10 mins. When cold spread with topping. Cut into squares when set.

Filling: Put condensed milk, butter and golden syrup and instant coffee into saucepan, stir over low heat until instant coffee has dissolved and mixture has thickened. Stir in walnuts.

Topping: Place chopped chocolate and vegetable shortening into top of double saucepan, stand over hot water and stir until melted.

Dorothy Forgie

RUM BALLS

2 1/2 cups crumbled fruit cake
1 tbls rum
50g melted copha
1 tbls cocoa

Combine all the ingredients and mix well. Shape into balls about the size of a walnut and roll in coconut or crushed nuts. Chill until needed. They last for ages.

Anne McDonald

TOFFEE NUT SLICE

Pastry:
90g (3 oz) butter
2 tbls sugar
1/2 tsp vanilla
3/4 cup plain flour

Topping:
30g (1 oz) butter
1/2 cup sugar
1/3 cupslivered almonds
1 1/2 tbl cream
1 1/2 tbls plain flour
125g (4 oz) dark chocolate
30g (1 oz) solid white vegetable shortening

Line a 28 x 18cm lamington tin with aluminium foil. Beat butter, sugar and vanilla until light and fluffy. Add sifted flour, mix to a firm dough; knead dough tightly into smooth round shape. Press dough into base of prepared tin, bake in mod. oven 10 mins. Put butter, sugar almonds, cream and flour into saucepan, stir over low heat until butter has melted and sugar has dissolved. Spread topping mixture over base. return to mod. oven, bake another 30-35 mins. until light golden brown. Remove from oven, loosen edges carefully with knife; cool in tin. Turn biscuit slice out, cut into 4cm squares. Put chocolate and vegetable shortening in top of double saucepan, stand over simmering water until melted, dip biscuits into chocolate mixture diagonally, so that half the biscuit is coated in chocolate.

A. J. Andrews

FUDGE FINGERS

1 cup flour
1 cup sugar
1 cup walnuts
1 cup butter
4 eggs
1/4 lb grated chocolate
Vanilla

Beat butter and sugar to a cream. Beat up eggs and add. Then add flour, chcoclate and nuts. Bake in a slice dish. When cold cut into fingers.

Betty Thompson

PEPPERMINT CHOCOLATE SLICE

Base:
1 cup SR flour
1 cup cereal flakes, lightly crushed
5 oz butter or margarine
1 tsp vanilla
2 level tbls cocoa
1 cup coconut
1/2 cup sugar
1 dsp golden syrup

Sift flour, cocoa into basin, add flakes, sugar, coconut. Melt butter and syrup, add vanilla and pour into dry ingredients, mix well. Press mixture into greased 11" x 7" tin and bake in mod. oven 375°-400° for 15-20 min. Cool.

Cream:
1 oz butter
1/2 tsp peppermint essence
1 tbls milk
1 cup sifted icing sugar

Cream butter, essence, milk, gradually add icing sugar, beating well after each addition to make smooth cream. Spread over cold biscuit base.

Chocolate Icing:
3 oz dark block chocolate
1 level tbls copha

Melt together in a bowl over hot water, then pour over peppermint cream. Spread quickly end evenly. Chill well and cut into slices.

Wilma Dunn

CHOCOLATE CHEW

4 oz butter
1 cup sugar
1 egg
1 1/2 cups plain flour
3 tsp cocoa
1 cup mixed fruit, nuts or coconut

Cream butter and sugar, beat in egg. Add flour and cocoa (sifted). Add fruit and nuts. Mix to stiff dough. Press into slab tin. Bake in mod. oven 15 mins. Ice with chocolate icing while hot.

Lorna Currie

CONTINENTAL CHERRY BALLS

Filling:
125g marzipan meal
3/4 metric cup icing sugar
1 egg white
Good squeeze of lemon juice
Approx. 2 doz. glace cherries

Combine the marzipan meal with icing sugar, add the egg white, blend into the dry ingredients. Add lemon juice. Mixture should be just moist enough to hold together. Completely cover cherries with layer of the marzipan, shape into balls. Chill thoroughly. When cold dip in the chocolate coating then chill until set. Store in refrigerator in airtight container.

Coating:
250g cooking chocolate
15g solid white veg. shortening
2 tsp instant coffee

Chop the chocolate and shortening roughly, and melt over hot water; add the coffee and stir in. Remove from the heat and cool. Use to coat marzipan covered cherries. Makes approx. 2 doz.

Cheryl Jackson

CHOCOLATE NUT SLICE

1/2 x 400g can sweetened condensed milk
250g (8 oz) dark cooking chocolate
60g (2 oz) roasted hazelnuts
60g (2 oz) pecan nuts
60g (2 oz) blanched almonds

Place roughly chopped chocolate in top of double boiler and melt over simmering water. Remove from heat, stir in condensed milk and coarsely chopped nuts. Spread into 25cm x 8cm (10" x 3") bar tin which has base and two sides lined with foil to make removal of slice easy. Refrigerate several hours until firm. Remove from tin, peel away foil, cut into wafer-thin slices. This slice can be kept, wrapped in plastic food wrap and refrigerated for about 4 weeks. *Note:* Any combination of nuts can be used.

Jennifer Kerr

SHERRY SLICES

1/2 lb coffee biscuits, crushed
1/2 cup cherries
1/2 cup castor sugar
2 tbls cocoa
1 egg
3 tbls sherry
4 oz margarine

Put into a bowl crushed biscuits, cherries and cocoa. Melt margarine and sugar and add beaten egg ans sherry. Mix into biscuit mixture. Press into a tray. Refrigerate till firm. Ice with thin layer peppermint icing. Allow to set then ice with thin layer chocolate icing.

J. Walsh

CHERRY RIPE

2 cups bran buds
125g (4 oz) chopped glace cherries
1 tbls raspberry cordial extract
2 cups coconut
1 tin condensed milk
125g (4 oz) copha

Topping:
200g cooking chocolate
2 oz copha

Melt together condensed milk with copha, then mix in dry ingredients. Add raspberry cordial extract plus extra colouring if necessary. Press into slice tin and refrigerate at least 2 hrs. Melt cooking chocolate and copha, then spread. Keeps in refrigerator for months.

Norma Dunn

CARAMEL SLICE

1 cup SR flour
1/2 cup brown sugar
1 cup coconut
6 oz butter or margarine

Melt butter in saucepan and stir in dry ingredients. Press into ungreased lamington tin. Bake in mod. oven for 20 min. Pour topping over and bake a further 10 mins.
2oz butter or marg
1 tin condensed milk
2 tbl golden syrup

Melt together in small saucepan, Do not boil.

Pat Hamilton

COCONUT ICE SLICE

Base:
Cream 4 oz butter and 4 oz sugar. Add 1 cup SR flour and 1/2 cup coconut. Press into square tin and cook for 25 mins. at 350°
In a saucepan melt 2 dsp butter. Add 3 tbls condensed milk, 1 cup icing sugar, 1 cup coconut. Stir until combined. Spread on base while hot. Cool in tin.

Pat Hamilton

PECAN FRUIT SQUARES (No Bake)

185g butter, melted
1 pkt plain sweet biscuits, finely crushed
1 tbls instant coffee powder
1 1/2 cups mixed dried fruit, chopped roughly
1 tbls sherry
1 cup finely chopped pecans

Combine all ingredients very well. Press into shallow cake tin approx. 24cm square. Press well with the fingers to firm. Refrigerate. Cut into squares to serve.

Betty Cosier

LIQUEUR FANCIES

A little over 1/2 lb milk coffee biscuits (24)
1 tin condensed milk
2 tsp cocoa
1 cup Des. coconut
2 tbls overproof rum

Crush biscuits and mix with rest of ingredients. Roll into balls and then into coconut. Can be flattened a little and an almond or 1/2 cherry pressed in middle.

Cheryl Jackson

JEWISH CAKE

1/4 lb butter or margarine
1 cup sultanàs or mixed fruit
1/2 cup sugar
1 egg
1 tsp vanilla
1/2 lb arrowroot biscuits, crushed

Put butter, sugar, sultanas in saucepan, slowly melt, then put in basin with a beaten egg, vanilla then biscuits. Mix well and press into Swiss roll or lamington tin. Chill, then ice with chocolate and coffee icing (1 tsp each cocoa and instant coffee mixed with icing sugar). It is always best kept in refrigerator. Cut into small squares.

Helen Jackson

SLICE SIMILAR TO HEDGEHOG

4 oz butter
1/2 cup sugar
1 egg
Vanilla
1/2 cup chopped walnuts
1/2 cup chopped raisins
1 dsp cocoa
2 cups crushed biscuits
3/4 cup coconut

Melt butter and sugar, bring to boil. Add egg and cook for 1 min. till egg is cooked. Stir in dry ingredients, press into tin. Cook in mod. oven. Cool.

Top with:
2 cups icing sugar
1 tbls custard powder
2 oz butter
1 tsp brandy
1 tbls boiling water

Beat all together till thick and spread over biscuit mixture. Ice with chocolate icing.

Patsy McLeish

PHILLY TREATS

Cut a block of cream cheese intp bite-size cubes. Roll into any of the following: chopped dried apricots, chocolate sprinkles, 100's and 1000's, chopped glace cherries, flaked almonds, grated chocolate or dip into melted chocolate.

Hilary Black

APRICOT DROPS

1 cup condensed milk
1 cup coconut
1 1/2 cups glazed apricots

Roll intp balls and then in coconut

Helen Knox

RUM BALLS

1 cup mixed fruit
1 cup chopped walnuts
2 tbls rum or brandy
1/2 lb icing sugar
2 tbls cocoa
2 1/2oz copha
Coconut for rolling

Melt copha, add to minced mixed fruit and other ingredients. Roll into small balls and roll in coconut. Allow to set in refrigerator.

Lorna Currie

RICH CHOCKIES WITH COFFEE

1/2 lb copha
6 oz white chocolate
20 oz dark cooking chocolate
8 oz almonds
8 oz glazed pineapple
8 oz glazed cherries

Roughly chop almonds and fruits. Melt chocolate and copha, mix well. Place in Swiss roll tin and set.

Gayle Braddock

CONTINENTAL SLICE

4 oz margarine
1 egg
1/2 lb crushed wheatmeal biscuits
1 tsp vanilla
1/2 cup sugar
1/2 cup walnuts
1 1/2 tbls cocoa
3/4 cup coconut

Melt margarine, sugar and cocoa in saucepan, stir in well-beaten egg and cook 1 min. Then add other ingredients. Put in slice tin and refrigerate.

Icing:
2 oz butter
1 tbls custard powder
1 tbls rum
2 cups icing sugar
2 tbls hot water

Beat until light and fluffy.

Hilary Black

MALT LOG

1 tin sweetened condensed milk
1 pkt malt or arrowroot biscuits
1/2 cup sultanas (or currants or chopped raisins)
1/2 cup walnuts, almonds, peanuts (optional)
Cherries (optional)
Peppermint essence or crushed Life Savers or green spearmint leaves.

Crush biscuits. Add to condensed milk, nuts, cherries, fruit and a few drops of almond essence and then roll out in coconut into logs or balls. Wrap in Gladwrap or foil and freeze. If in roll cut when required to serve. Makes 2-4 logs depending on thickness of rolls.

Moira Marchant

HEDGEHOG BISCUITS

Melt 1/4 lb butter in saucepan, add 3/4 cup brown sugar, 1 beaten egg, 1 cup chopped mixed fruit, 1/2 tsp vanilla. Stir until almost boiling. Add 1/2 lb crushed arrowroot biscuits. Press into flat tin and ice with chocolate or peppermint icing. When cold, cut into squares,

Patsy McLeish

RUM BALLS

1 tin sweetened condensed milk
1 cup coconut
1/2 lb milk coffee biscuits
2 tbls cocoa
2 tbls rum (or more)
About 1 pkt glace cherries or more, coloured
1-2 handfuls sultanas

Crush biscuits to a powder. Mix well with other ingredients. Roll into small balls and cover with coconut or chocolate. Put into airtight tin in refrigerator. (Drinking chocolate can be used instead of cocoa). A food processor is a great aid for processing the biscuits, then adding everything else very quickly so that the fruits do not chop up too fine.

Helen Knox

NOUGAT SLICE

1/2 lb coffee biscuits, crushed
1/4 lb butter
3/4 cup sugar
3/4 cup sultanas
1 egg
Vanilla
2 tbls coconut

Place all ingredients (not crumbs) into saucepan and cook until quite warm. Cool and add crumbs. Press into slab tin. When cold ice with lemon icing.

Betty Currie

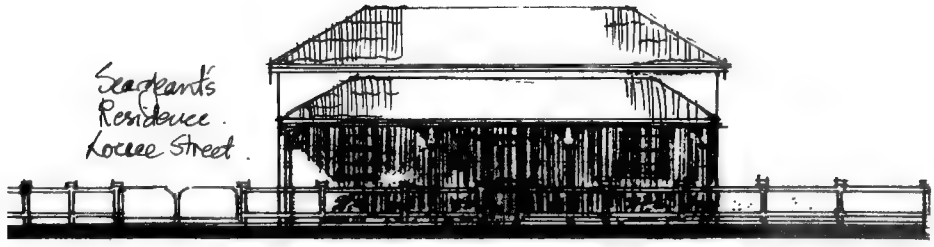
BRANDIED GINGER BALLS

1/2 lb Coffee biscuits, crushed
2 tbls cocoa
1 tin Condensed milk
5 tbls pres. ginger, chopped
3 tbls chopped raisins
3 tbls chopped almonds
1/4 lb copha
3 tbls brandy
Coconut.

Melt copha, combine all ingredients except coconut. Mix thoroughly. Form into small balls. Toss in coconut. Chill.

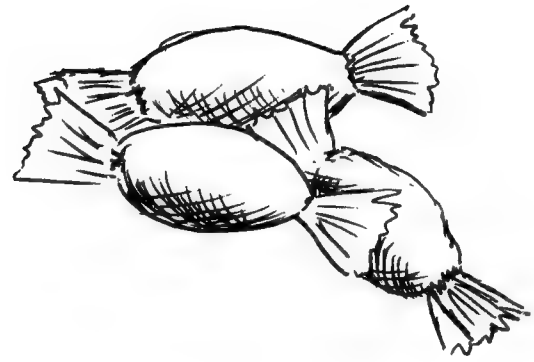
Lee Wyldes

Masonic Lodge.
1875.
Mudgee Street.


Sergeant's
Residence.
Lovee Street.

'Helen's World' & The 'Fruit Market'
Shops in Lovee Street.

CONFECTIONERY



HONEYCOMB

4 tbl white sugar
2 tbls honey or golden syrup
1 slightly rounded tsp bicarb soda
1 dsp water

Put syrup or honey in saucepan and melt. Add sugar and water, dissolve slowly. Then boil gently for 5-7 mins until toffee will harden when a little is dropped into cold water. Remove from heat and add bicarb. Stir in thoroughly and set quickly in a shallow tin, brushed with cooking oil. Cut or break up when cold.

T. Jackson

FLORENTINO CARAMELS

Boil together for 7 mins 2 1/2 cups white sugar, 3/4 cup milk, 1 tsp ground ginger, 1 dsp golden syrup, 1 level dsp butter. Add 2 tbls coconut, 1/4 tsp vanilla. Boil again for 3-4 mins. Beat up and pour out. Sometimes I add preserved ginger to this mixture, say half a cup.

Marge Thompson

BUTTERSCOTCH

2 cups sugar, 1/2 tsp cream of tartar dissolved in a little water, 1/4 lb butter. Put all in saucepan and boil without stirring until mixture is brittle. Pour out - mark before cold.

Marge Thompson

TOFFEE

2 cups white sugar
1 cup water
1 dsp vinegar
Essence lemon or vanilla

Butter inside saucepan all over. Put in the ingredients. DO NOT STIR, When cooked, a little dropped in cold water will crack. Variety: Nuts, coconut, hundreds and thousands.

Min Marchant

COCONUT ICE

2 cups sugar
Pinch of cream of tartar
1/2 cup milk
Few drops cochineal
1/2 cup coconut
1 medium sized saucepan
1 greased oblong sandwich tin

Place the sugar, milk, coconut and cream of tartar into the saucepan and bring to boil. Turn the heat down slightly and simmer for 5-10 mins. Remove from heat and allow mixture to cool slightly. Spoon one half of the mixture into the tray and smooth out the top. Put a few drops of cochineal into the remainder of the mixture and stir until pale pink - be careful not to use too much cochineal.Pour the pink mixture over the white and allow to cool.

Colleen Yates

RUSSIAN CARAMEL

125g (1/4 lb) butter
250g (1/2 lb) brown sugar
1 tin condensed milk
2 tbls golden syrup

Melt all ingredients in saucepan. Stir over low heat until dark brown and mixture leaves side of saucepan. Pour into greased tin. When cold cut into pieces. (One end may be dipped into melted chocolate and copha).

Robyn Oakes

CHOCOLATE FUDGE

1 cup sugar
1/4 cup hot water
2 tsp cocoa
1 dsp butter

Mix all together in a small saucepan and bring to boil, stirring all the time until mixture reaches 240°. Remove from heat and beat until it begins to stiffen. Pour into greased plate to set.

Lee Wyldes

WALNUT FUDGE

2 cups brown sugar
1/2 cup water
1/4 tsp cream of tartar
1/2 cup chopped walnuts
2 tbls margarine

Boil all ingredients until soft ball stage has been reached. Cool slightly and beat until thick. Pour into greased tin. Allow to set and cut into squares.

Isobel Jackson

FRUIT FUDGE

1/4 pint milk
1/4 pint water
2 oz margarine
1 lb sugar
2 oz glace cherries (chop)
2 oz sultanas
1 oz figs or 5 oz mixed fruit.

Place sugar, margarine, milk and water into saucepan. Stir over low heat until sugar has dissolved. Boil to soft ball stage. Remove from heat and beat until cooling. Add fruit and continue beating until mixture is thick and creamy - put out quickly into lamington tin. Cut with sharp knife.

Isobel Jackson

EUCALYPTUS TOFFEE (for sore throats)

3 tbls sugar
3 tbls honey
1 tbls butter
1 tbls vinegar
1 tbls lemon juice
15 drops eucalyptus

Boil together for 8 mins. Stir in eucalyptus and pour into buttered dish.

Cass Galloway

APRICOT HEALTH CANDY

4 oz dried apricots
1/3 cup blanched chopped almonds
1 tsp grated lemon rind
1 tsp grated orange rind
1/2 cup honey
2 cup honey
1/2 cup skim milk powder
1 tsp wheat germ
1/2 cup sultanas
1/2 cup coconut
1/2 cup water

Chop apricots and combine with water. Simmer till tender and add remaining ingredients. Remove from heat and mix thoroughly. Spread mixture into a lightly greased, shallow pan and refrigerate for several hours before cutting into bars.

Marie Croom

CHOCOLATE ROUGHS

Melt 1 tbls butter and stir in heaped tbls cocoa. Add 1/2 lb sugar, 1/4 lb coconut and a little hot water and vanilla. Boil till thick and put in teaspoons on greased dish.

Jean Cross

JAMS & CONDIMENTS

MOCK RASPBERRY JAM

6 lb jam melon minced or finely chopped
4 1/2 lb sugar
1 x 680g tin raspberry jam
1 x 225ml bottle raspberry extract (cordial base)
1 tsp citric acid.

Put melon through mincer then place in pan. Add 2 lb sugar, leave to stand overnight. Boil 1 hour, then add remaining 2 1/2 lb sugar. Boil quickly add jam extract and acid. Boil again quickly 10 mins. till jam sets when tested.

Cass Galloway

GRAPEFRUIT JAM

3 grapefruit
3 lemons
1 1/2 pints boiling water
1/2 tsp salt.

Leave to stand overnight. Boil fruit with water until soft then put 2kg sugar and boil fast until cooked. Try in a saucer before bottling.

Ruby Frappell

GRAPEFRUIT AND PASSIONFRUIT JAM

2kg grapefruit Pulp 4 passionfruit
7.5 litres water, sugar

Wash and dry grapefruit, cut into very thin slices, removing seeds. Place fruit and passionfruit pulp in a large preserving pan, add water, cover and stand overnight. Next day boil quickly for 2 hours. Remove from heat and stand overnight again. Measure fruit pulp and liquid, place back into preserving pan and bring to boil. Add 750g sugar to every 2 1/2 cups of mixture. Stir over gentle heat until sugar dissolves. Then boil approx. 1 1/2 hours until jam jells when tested.

Norma Fleming

BLACKBERRY JAM

8 cups blackberry
8 cups sugar

Put on blackberry with 2 cups sugar. Boil. Heat remainder of sugar in oven. Add 1 cup sugar at a time. Boil 5 mins after each is added.

Elsie Yates

PEACH OR APRICOT JAM

1.5 kg just ripe fruit
1,25 kg sugar
Juice of 1 lemon

Peel and slice fruit, sprinkle some of the sugar over them. Let stand overnight or until syrup forms. Cook gently until tender and add remaining warmed sugar and lemon juice. Boil rapidly until it jells. Bottle and seal.

Norma Fleming

GRAPE JAM

Wash and place grapes in boiler with 1/2 lb sugar sprinkled over. Boiler need not be greased. Leave overnight. Bring to boil and cook for about 3/4 hour, before putting in 1/2 lb sugar to every lb of fruit. Cook for 1 1/2 to 2 hours longer. Bottle when cool.

Grace Forgie

FIG JAM

8 lb figs
4 lb sugar
2 tbls treacle
1 handful ginger
1/2 cup water

Cut figs overnight. Cook till thick.

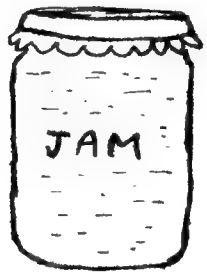
Elsie Yates

APRICOT JAM

2 lb dried apricots
6 lb sugar
4 pints water

Soak apricots overnight in water. Next day bring to boil and add sugar and cook for 1/2 to 3/4 hour.

S. Taylor



TOMATO GINGER JAM

2kg tomatoes
Juice of 3 lemons
60g chopped crystallised, syruped or glace ginger
1.5kg sugar

Skin and slice the tomatoes and place them in a preserving pan with the lemon juice and chopped ginger. Cook until the tomatoes are soft. Add the warmed sugar and cook quickly until the mixture jells. Bottle and seal while hot.

Norma Fleming

GRAPEFRUIT MARMALADE

To every 1 lb fruit allow 3 pints water. Cut fruit finely, take out pith and seeds. Soak 24 hours. Next day, bring to boil and pour away water. Measure discarded water. Replace amount, stand again for 12 hours. Bring to boil, cook steadily till rind and fruit are quite tender. Measure pulp and liquid. To every pint allow 1 pt. sugar. Skim well as cooking. Boil until jellied.

Jean M. Johnston

MANDARIN MARMALADE

7 or 8 mandarin SKINS
2 lemons cut up and let stand overnight in 8 cups boiling water.

Next day boil until skins are soft. Then measure liquid and add cup for cup of sugar. Then boil 20 mins. or longer until jells.

Ivy Miskle

ORANGE JAM

Overnight cut up 10 oranges and 2 lemons, pour over them 12 cups water with a pinch of salt added. Boil the fruit next day until it is very tender, then add 9 lb sugar. Boil again for 1 hour or until it jellies.

Grace Forgie

QUINCE MARMALADE

21 cups water
6 lb sugar
6 large quinces

Cut up quinces with skin on and slice very thinly. Boil sugar and water, then add quinces Boil until a little sets when tested.

S. Taylor

GRAPEFRUIT MARMALADE

1/2 lemons or 1/2 grapefruit and
1/2 lemons

Slice fruit thinly, only taking out pith. Do not peel fruit. To each 562g (1lb) fruit allow 1800ml (3 pints) water and 1375g (3 lb) sugar.

Soak fruit in the water overnight. Then boil until peel is tender. Add sugar. Boil until syrup jellies on a plate.

Ella Haywood

CAPSICUM CHUTNEY

4 lb capsicums
2 lb tomatoes, chopped
2 lb onions
5 cups vinegar
4 dsp salt
6 cups sugar

Cut up capsicums and remove all seeds. Chop onions finely and add to capsicums. Sprinkle the mixture with salt and let stand for 2 hrs. Then rinse with cold water and strain. Add rest of ingredients and cook for 45 mins. Bottle and seal.

Tina George

PLUM SAUCE

6 lb plums
3 lb sugar
3 pints vinegar
1 tsp cayenne pepper
1 tsp salt
1/2 oz allspice
1/2 oz cloves
1 handful whole ginger, bruised

Tie cloves and ginger in a muslin bag. Boil all together till the stones separate. Strain through a colander and bottle.

Lee Wyldes

TOMATO RELISH

5 lb red tomatoes
1 1/2 lb onions
1 level tbl salt

Cut up tomatoes and onions and leave overnight with salt on top. Place in large pot, bring to boil. Mix 1 level tbls dry mustard and 1 level tbls curry powder to a paste with water and add to mixture. Add 1 1/2 lb sugar, 1/4 bottle Ezy sauce. Boil steadily 2 1/2 hrs. Mix 2 tbls plain flour with cold water, add to mixture, thicken to desired consistency. Cook for 5 mins. Bottle while hot.

Barbara Case

TOMATO RELISH

Cut 6 lb tomatoes in pieces, skinned, 2 lb onions, sliced, 1/2 cup salt. Cover with water and leave overnight. Next morning, pour off brine, drain. Nearly cover with vinegar. Bring to boil. Add 1 1/2 lbs sugar. 2 tbls curry powder, 2 dsp mustard, 3 tbls cornflour, mix with a little vinegar and stir into the mixture until it thickens. Cook for 30 mins. then add 1 tsp mace, 1 tsp pepper, 1 tsp cloves, 1 tsp cinnamon, 1 tsp nutmeg and ground ginger. Stir all well and bottle.

Jean M. Johnston

GREEN TOMATO PICKLES

Cut up 12 lb green tomatoes, sprinkle with salt and leave overnight. Next morning drain brine off. Add 2 QUARTS VINEGAR; 1 lb onions, 2 lb white sugar, 1/4 oz cloves and peppercorns, a little spice, 1 lb treacle. Boil 4 hours.

Elsie Yates

FIG CHUTNEY

Put through mincer:
8 lb figs
4 lb onions
1 lb seeded raisins
2 oz garlic
3 tbls salt
1 tbls ground ginger

Put all in a large saucepan-type boiler or preserving pan. Add 4lb sugar and a bottle of Ezy sauce. Mix well. Bring to boil, then cook for 2 hrs or more. Water must be added during cooking and the amount may exceed 5 pints. Bottle while hot.

H. Bowd

CUCUMBER RELISH

1 doz. apple cucumbers (large)
3 lb onions
Handful salt
2 lb sugar
1 cup sultanas
1 quart brown vinegar
1 cup flour
1 tsp curry powder
1 tsp mustard

Chop cucumbers and onions. Sprinkle with salt and leave overnight to stand. Pour off liquid. Add 1 1/2 pints of the vinegar, sugar and sultanas and boil 20 mins. Mix flour, curry powder and mustard with remaining vinegar and add gently to the boiling mixture. Boil further 20 mins, stirring frequently. When cold, bottle and seal.

Cass Galloway

QUINCE HONEY JAM

5 lb sugar
5 large quinces
1 pint water

Put sugar and water on to boil. Mince quinces, then add to boiling water and sugar. Boil for 20 mins. or until the color of honey.

Lee Wyldes

CRISP PICKLE SLICES
Bread and Butter Type

4 quarts sliced medium cucumbers
6 medium white onions, sliced
2 green peppers, chopped
3 cloves garlic
5 cups sugar
1/3 cup coarse salt
1 1/2 tsps tumeric
1 1/2 tsp celery seed
2 tbls mustard seed
3 cups cider vinegar

Do not peel cucumbers, slice them, then slice onions and chop peppers and garlic. Add salt and cover them all with cracked ice, mix thoroughly. Let stand for 3 hours, drain well. Combine remaining ingredients and pour over cucumber mixture. Heat just to boiling point, put into jars, cool then seal.

Judy Brown

MANDARIN MARMALADE

7 mandarins
7 cups water
7 cups sugar
Juice of 2 lemons

Slice mandarins thinly, removing seeds. Add water and lemon juice and boil till tender. Add sugar and cook until it jells. Do not stir and do not soak overnight.

Pat Hamilton

TOMATO RELISH

24 medium size ripe tomatoes
4 medium size onions
1 small cup mustard
1/2 handful chillies tied in bag
2 lb sugar
2 handsful salt
4 tbls flour
4 tbls curry
Vinegar to cover.

Boil tomatoes, onions, sugar and chillies, salt with vinegar then thicken with dry ingredients. Onions are better if cut up and left in salt and water overnight, drained before adding to tomatoes.

Elsie Yates

MELON AND PINEAPPLE JAM

1.5kg melon
2 lemons
1 tin pineapple
12 cups of juice and water

Put on and cook well. When well cooked, add 4kg sugar and boil rapidly until it jellies. Just before taken from the heat, add 1 tsp citric acid.

Norma Fleming

MELON JAM

4 lbs melon
6 lbs sugar
4 lemons
7 cups water

Boil 2 hours. Add warm sugar. Boil 1 1/2 hours.

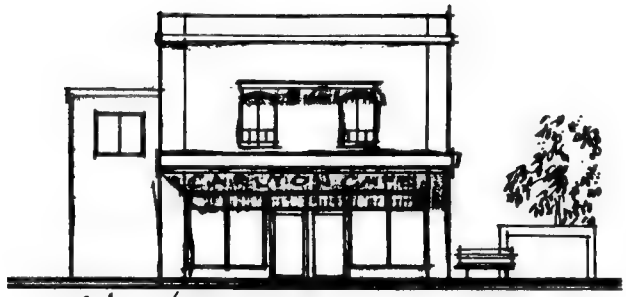
Colleen Yates

LEMON AND CARROT JAM

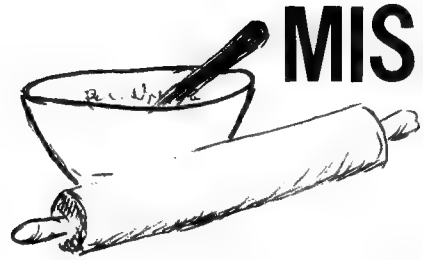
4 large lemons (approx. 1 1/2 lbs)
1 lb carrots
4 pints water
3 1/2 lbs sugar

Slice lemons thinly, removing pips; cut slices into segments. Scrape and grate carrots. Place carrots and lemon pieces in large bowl with water and leave to soak overnight. Next day, cook in large pan until the lemon is soft and mixture has reduced by half (approx. 45 mins to 1 hour). Stir in the sugar at this stage. When all the sugar has dissolved, bring to boil and boil until setting point is reached. Remove from heat and leave to cool for a couple of minutes, then pour into warm, dry jars. Cover when cold.A knob of butter added halfway through the boiling reduces the scum. Leaving the marmalade to stand for a few minutes before pouring into jars helps to stop the peel from rising in the jars.

Heather Dowell



MISCELLANEOUS



SPAGHETTI

1 lb spaghetti
1 large onion
1/2 lb bacon
Salt and pepper
15 oz can tomato soup
Grated tasty cheese

Boil spaghetti in salted water till tender. Chop bacon and onion and fry till cooked, but not brown. Add tomato soup, spaghetti and salt and pepper. Heat thoroughly. Add cheese. Add a little water if too dry.

D. Walsh

TASTY CURRY SPREAD

1 tsp curry powder
1 chopped small onion
1 tbls butter
2 tbls tomato sauce

Mix the ingredients and cook for a short time. Add 1 egg and stir briskly as the mixture cooks. Cook for 1 minute.

Jean Batty

TUNA TOPPING FOR PANCAKES

Combine contents of 1 pkt Chicken Supreme soup in saucepan with 2 tbls each diced red and green peppers and blend in 2 cups cold milk. Add 1 tbl butter, stir until boiled. Add 1 1/2 cups cooked macaroni and 185g can tuna. Simmer 5 mins. Can also be served over rice.

Betty Martin

MOCK CREAM

4 tbls margarine
4 tbls icing sugar
3 tbls milk
4 tbls boiling water

Beat margarine and icing sugar till creamy. Add milk gradually, beating well. Add boiling water all at once and beat till creamy.

Cheryl Wilson

BASIC PASTRY FOR MEAT DISHES

1 cup SR flour
1 tbls dripping
Pinch salt
Cold water.

Rub dripping into flour with fingers until it looks like fine breadcrumbs. ADD enough cold water to make a firm dough. Roll on floured surface. Commence cooking at 400°F. Decrease oven heat later, if necessary.

W. Potts

LEMON CURD

3 eggs
8 oz sugar
3 oz butter
Rind and juice of 2 lemons.

Whisk eggs and put into basin with butter, sugar, finely grated lemon rind and the juice. Place basin in pot of boiling water (1/2 way up the basin). Stir until mixture is thick and smooth. Pour into clean warm jars and cover.

Betty Smith

PIKELETS

1 cup SR flour
Pinch salt
1/4 tsp Bicarb. soda
2 tbls vinegar
1 cup sour milk, or fresh with 1 1/2 tsps vinegar
1 dsp butter, melted

Sift dry ingredients. Add sugar, egg, milk, butter. Beat until smooth. Place by the dsp on to griddle 380°. Cook until bubbly and brown underneath. Turn to brown.

Mary Mackenzie

BAKER'S DEVONDALE TYPE CREAM

2 oz butter
2 dsp milk
1 dsp boiling water

Cream butter, add sugar, then milk. Beat very well and add water during the process.

Olga Harvey

LEMON BUTTER SPREAD

2 tbls butter
1/2 cup lemon juice
1/2 cup sugar
2 beaten eggs
Optional 4 passionfruit

Place all ingredients in saucepan, put in pan of water. Cook over low heat *stirring continually* until mixture thickens like custard. Pour into jar.

Anne Hibberd

MACARONI CHEESE

1 3/4 cups small macaroni
90g (3 oz) butter or substitute
1/4 cup flour
Salt, pepper
1 tsp dry mustard
1/4 tsp paprika
1 cup milk
125g (4 oz) cheese
315g can tomato soup
125g (4 oz) bacon
1 onion
1 small green pepper
1 tsp Worc. sauce
60g (2 oz) cheese, extra

Cook macaroni in large saucepan of boiling salted water 10 to 12 mins or until tender. Drain. Melt butter in saucepan, remove from heat, stir in flour, salt, pepper, mustard and paprika. Return to heat and cook 1 min. Add milk gradually. Stir until sauce boils and thickens. Remove from heat. Add grated cheese and tomato soup, mix well. Gently heat sauce- do not boil. Remove rind from bacon, chop bacon, peel onion and chop finely. Seed and chop pepper. Lightly fry bacon, onion and pepper. Add to sauce. Add macaroni and Worc. sauce, mix thoroughly. Place mixture into casserole dish and sprinkle with grated cheese. Bake uncovered in mod. oven 25 - 30 mins.

Judy Brown

ASPARAGUS CREPES WITH FRESH TOMATO SAUCE

Crepes:
1/2 cup plain flour
pinch salt
2 eggs
1 tbls oil
3/4 cup milk

Filling:
340g can asparagus spears
30g butter
3 tbl plain flour
3/4 cup milk
Salt, pepper
1/2 tsp dry mustard
1/2 cup grated cheese

Tomato Sauce:
500g (1 lb) tomatoes
30g(1 oz) butter
Salt, pepper
Pinch sugar
1/2 tsp basil

Crepes: Sift flour and salt into bowl, add eggs, oil and 2 tbls milk. Beat until smooth. Beat in remainder of milk; refrigerate 30 mins. Heat heavy pan, grease with butter. Pour thin layer of pancake batter into pan. Brown on one side and turn. Brown on other side. Turn out onto plate. Repeat with remaining batter. Place tbls of filling into centre of crepe, fold sides in, then roll up. Repeat with remaining crepes. Place crepes into greased shallow dish, cover and bake in mod. oven 12-15 mins or until heated through. Serve with tomato sauce.

Filling: Melt butter in pan, add flour and cook 1 min. Add milk, salt, pepper and mustard. Stir until sauce boils and thickens. Remove from heat, stir in cheese until well combined. Drain asparagus and cut in 2.5cm lengths, stir in sauce.

Tomato Sauce: Chop tomatoes roughly. Melt butter in pan. Add milk, salt and tomatoes, season with salt and pepper, add sugar and basil. Bring to boil reduce heat and simmer, covered, 15 mins. Push tomatoes through sieve into saucepan and reheat; discard skins. *Note: For rich colour, choose tomatoes that are a good red.*

A. J. Andrews

EXCELLENT COLOSTRUM FEED FOR NEW BORN LAMBS

1/2 pint cow's milk
1 tsp castor oil
1 egg
1 dsp sugar

Mix well. Feed the warmed mixture 6 times a day for 2 days.

Cass Galloway

MEXICAN SPAGHETTI

2 tbls oil
1 clove garlic
2 onions
1 green pepper
500g (1 lb) mince steak
1 tsp chilli powder
1 tsp basil
Salt, pepper
470g (15 oz) can whole tomatoes
1/2 cup dry wine
1 beef stock cube
1/3 cup tomato paste
30g (1 oz) butter
315g (10 oz) can red kidney beans
2 tbls chopped parsley
375g (12 oz) spaghetti

Heat oil in large pan, add crushed garlic, peel and finely chopped onions and chopped green pepper. Saute until onion is transparent. Add meat to pan, brown well. Stir in chilli powder, basil, salt an.. pepper. Cook, stirring, 1 minute. Add tomatoes with liquid from can, red wine, crumbled stock cube and tomato paste, mix to combine. Cover, reduce heat, simmer 1 1/2 hours, adding a little water if mixture becomes too dry. Cook spaghetti in large pan of boiling salted water until tender, 15-20 mins. Drain well. Arrange on serving plates. Heat butter in pan, saute drained and rinsed kidney beans for 1 min. Stir in parsley. Spoon meat sauce over top of spaghetti, spoon bean mixture over. Serves 4.

Pam Case

CELERY BOATS

One cup of cooked celery beaten together with 2 tbls grated cheese, 1 dsp Worc. sauce, pepper and salt to taste. Fill savoury boat cases and heat in oven. Serve hot for supper.

Betty Smith

MACARONI CHEESE

1 cup macaroni
2 oz butter
1/4 cup plain flour
1 cup milk
1/2 cup asparagus liquid (drained from asp. cuts)
1/2 tsp salt
Good pinch cayenne pepper
1 tsp dry mustard
6 oz Cracker Barrel extra tasty Cheese, finely grated
10 1/2 oz can Asparagus cuts
10 1/2 oz can whole kernel sweet corn, drained.

Cook macaroni in plenty of boiling water (salted) until tender. Drain and rinse. Meanwhile melt butter, blend in flour. Cook 1 min., stirring constantly, add milk and asparagus liquid gradually. Stir until boiling, cook a further 2 mins. Add salt, cayenne pepper, mustard and grated cheese. Stir until cheese melts. Add the macaroni, asparagus cuts and corn. Pour into a casserole and bake in a mod. hot oven until heated through. 4 to 6 servings. Decorate with peas if liked, parsley too. I double the recipe and have one for the freezer.

Isabel Jackson

EGG SPREAD

Great for making large quantities of sandwiches

6 eggs
1/2 cup mayonnaise, very thick
1 finely chopped onion and chives
Finely chopped parsley
Salt and pepper to taste
1/2 tsp curry powder (or to taste)

Hard boil the eggs, mash to fine pulp. Add mayonnaise and other ingredients. Beat until smooth spreading consistency.

Jean Clarkson

ECONOMICAL BOILED SALAD DRESSING

1/2 cup sugar
1 tbls flour
2 tsps dry mustard
1 tsp salt
1 cup milk
1/2 cup vinegar
1/2 cup water
1/2 oz margarine.

Combine all ingredients in pan, stir until mixture boils. Boil 1 min. Keep refrigerated. Makes 3 cups.

Jean Batty

LEG OF HAM GLAZE
Cooked Ham

Remove skin from ham - except from shank. Cut through fat to form approx. 1" diamond pattern.
Make a mixture of:
1 cup brown sugar
1 tsp dry mustard
1 tbls vinegar
Sufficient beer to make a stiff paste.

Spread over top of ham and bake 350° for approx. 3/4 hour. Pour extra beer in baking dish and cover shank with foil before baking. Baste several times during baking and upon completion.

Gail Marn

CHICKEN AND WALNUT SANDWICH FILLING

Combine finely chopped chicken, mayonnaise and finely chopped walnuts to taste, add a little freshly ground pepper. Ideal filling for Vogel or any multi-grain bread.

Millie Oakes

BEAU'S SNACK

Beat 2 eggs, 2 dsp milk, salt and pepper together. Add some chopped cooked bacon, onion and cheese. Add 2 crushed Weet-Bix. Mix all together and fry in oil, as a large pancake. You can add left-over vegetables or cooked rice - or ham and tomato sauce.

Bo Sharrock

ASPARAGUS CHEESE SAVOURY

1 tin asparagus cuts
1oz butter
Heaped tbl plain flour
Salt
Tasty cheese
Milk
Make a white sauce with the butter, flour and milk. (using the liquid from the asparagus). When cooked and thickened, add salt and enough cheese to smell cheesy. When cheese has melted add asparagus and cook a few more minutes. Serve hot on toast,

A. Oehm

DUMPLINGS

1 cup SR flour
1 tbls butter
1 egg
2-3 tbls milk
Sauce
1 cup water
1/2 cup sugar
1 dsp syrup or honey
1 dsp butter.

Rub butter into flour. Add egg, then milk. Roll and cut, shape into balls. Put ingredients into saucepan. Add dumplings when boiling.

Helen Merrett

LEMON CHEESE

1/2 cup sugar
2 tbls butter
2 eggs
Rind and juice of 1 lemon

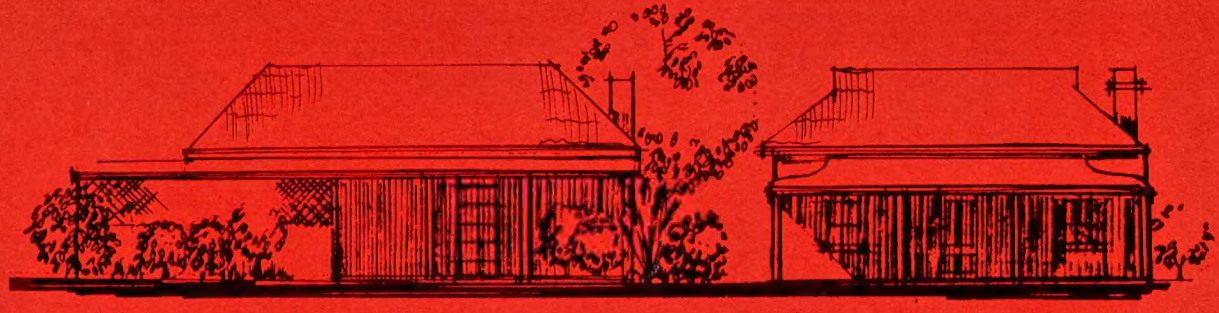
Mix all ingredients and boil in double boiler.

Olga Harvey

The sketches in this book are by Norma Baxter, Warren Kidd and Brian Patterson, whose talents and generosity are greatly appreciated.

Demmery Print, Orange

KANDOS COTTAGES in Davies and Dangar Streets.
Featuring rough-caste concrete.



Cottages in Mudgee Street.

Residence and Solicitor's Office, Lovee Street.
Both Trust Classified for their historical significance